



Beatles forerunners star turn at Romstock

QUARRYMEN IN FESTIVAL COUP

Report by Dayna Farrington

JOHN Lennon's former band The Quarrymen steal the spotlight this weekend when they perform at the Romstock music festival.

The Quarrymen, which Lennon started in 1956 before he went on to form The Beatles, will perform on Saturday with some of his former bandmates in the line-up.

Rod Davis, a former schoolfriend of Lennon's, will feature alongside Colin Hanton, Len Garry and Charles Newby – who have all performed alongside various members of The Fab Four.

The festival is held at Romsley Playing Fields, St Kenelms Road, Romsley, near Halesowen.

The Quarrymen booking came about after the festival's band co-ordinator Mark Moran's daughter, who goes to university in Liverpool, told her father about a plaque on a house around the corner to where she lived in Woolton where the Quarrymen used to rehearse.

Mr Moran said: "I've always been a huge Beatles fan and it got me wondering whether The Quarrymen were still going."

Birthplace

"I always remember that famous photo of The Quarrymen performing at the Woolton church fete. There was this blue plaque on this detached house which states it's the birthplace of The Beatles. The Quarrymen recorded there and I just thought 'wow'."

"I managed to get in touch with Rod Davis to ask what the chances are for them to come and play at Romstock – and they have agreed. I couldn't believe it – it is amazing."

"It is a great opportunity for Beatles and music fans in general to embrace musical history on our doorstep."

Lennon formed skiffle band The Quarrymen at Liverpool's Quarry Bank School before Paul McCartney and George Harrison joined the line-up. The band later evolved to become The Beatles.

Rod said the original members of The Quarrymen reunited when they were persuaded to take to the stage when they all attended The Cavern Club's 40th birthday in 1997 and have



The Quarrymen, with John Lennon, third from right, and Rod Davis, right, on their way to St Peter's Church fete at Woolton in 1957. Pic: Rod Davis

been playing together since. Three of the original band members – Rod, Colin and Len – are set to take the stage at the festival. They will be joined by Chas Newby, who played bass with The Beatles during several gigs, shortly after Stuart Sutcliffe's departure. Rod said: "I met John when I was five-years-old at Sunday school and then we later went to the same school when we were 11-years-old. When we were 14 we formed The Quarrymen."

"I was one of the original members of The Quarrymen – I started off as the banjo player, I only played alongside John."

"People joined the band and people left – I left as they became more of a rock 'n' roll group."

"I was more interested in blues and you can't have a banjo player in a rock 'n' roll band. Paul McCartney actually took over my place."

Mr Davis, who now lives in London, even has an iconic photograph of The Quarrymen on the back of a truck at the St Peter's Church garden fete in Woolton, Liverpool, taken in 1957 by his

father. He said: "The photo of the group on the lorry was taken by my father. The lad in the check shirt sitting next to the drummer is of course John Lennon."

The tea chest bass player in the photo with his back to the camera, Len Garry, who played in the group with John and Paul, will be on guitar and vocals on Saturday.

Danger

The drummer in the photo, Colin Hanton, who played with John, Paul and George is on the famous recording of 'In Spite of all the Danger' and 'That'll be the Day' which are tracks three and four on The Anthology."

Mr Davis added: "We are really looking forward to this weekend. Our performance will feature four guys who have all played with various members of The Beatles."

"We play the music we were playing in the 1950s. There are so many Beatles lookalike and



Romstock organiser Mark Moran, who managed to attract The Quarrymen to play at the festival this weekend

soundalike bands but people want to hear the music that inspired them in the 50s."

The festival, which is in its seventh year, launched in 2012 for the Queen's Diamond Jubilee and now attracts more than 1,000 people.

Cash raised during the celebrations, which ends at 9pm, will support youth projects in the parish. Mr Moran added: "This year's line up is quite sensational."

Madness tribute band 'Prone to Madness' will open the festival at noon, followed by nine other acts including The Quarrymen – who will meet and greet the audience after their performance.

Youngsters will have the chance to enjoy a children's play area and skate park, while a bar will be on offer for adults.

Early bird wristbands, which are £15 per adult, £3 for over-5s, are available from Romsley's Co-op or online at romsley parish council. gov.uk/romstock

COMEDY

Chase star Sinha the headline act

THE Chase star Paul Sinha headlines the first-ever comedy festival at a Stourbridge pub tonight (Thursday).

Fitz Fest features 13 pro acts over four nights in a specially-constructed marquee at Katie Fitzgerald's in Wolverston.

Tonight's opening night is headlined by quiz champ Sinha.

It will also feature Nick Page, a semi-finalist on this year's Britain's Got Talent.

Tickets still remain for the other nights, featuring Seann Walsh, Barbara Nice, the housewife character creation of Phoenix Nights star Janice Connolly, and popular Black Country comic Jonny Cole.

Comper, Dudley comic Wayne Beese, said: "The response has been phenomenal."

Tickets cost £15 per show or two shows at £25. See www.skiddle.com/e/13150821



Paul Sinha

SHOPS

Doubt surrounding Mothercare future

THE future of Mothercare at the Merry Hill shopping centre is in doubt.

The shop was not on the list of 50 of the firm's underperforming stores lined up for closure. However, its fate and that of 300 Mothercare staff across the country is up in the air after it emerged that a key plank of the retailer's restructuring plan was rejected by creditors.

Mothercare said rent reduction proposals for Children's World, a subsidiary housing 21 of its stores, including that at Merry Hill, had been knocked back by landlords.

The retailer is now considering "all options" for the unit, including shutting the outlets, which employ 336 people.

It came days after Mothercare was given the green light to axe 50 underperforming stores, including Early Learning Centre fascias, with 800 jobs at risk.

Mothercare chairman Clive Whaley said its next steps were being considered.

INSIDE

FLYING THE FLAG FOR ROAD RACE



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New glimpse of village for 2022 Games



Games Village impression

A NEW artist's impression reveals what Birmingham's Commonwealth Games Village will look like when it welcomes sportsmen and women from around the world in 2022.

After providing a temporary home for 6,500 athletes and officials during the Games, the village will then be converted into 1,000 more permanent homes as the heart of a regeneration plan for the Perry Barr area of the city.

Eventually up to 3,000 new homes will be built around the north-west of Birmingham. The games village will include accommodation, dining, medical,

transport and essential services for athletes and team officials and will be situated on a 59-acre (24-hectare) site off the A453 Aldridge Road.

The site is the current location of the old University of Central England (UCE) and Birmingham City University (BCU) campus near Perry Barr greyhound stadium and the One Stop Shopping Centre and is just a mile from Alexander Stadium, which will play a pivotal role during the games.

The competitors and officials will be housed in a mix of one and two-bed apartments as well as three and four-

bed town houses. After the Games, the accommodation will be converted and become available as a mixture of homes for sale or rent, including some offered at social and affordable rent through the city council's Birmingham Municipal Housing Trust and In-Reach rental initiative.

As part of the village development, there are plans to invest in wider infrastructure in the surrounding area, including the introduction of a SPRINT rapid bus service along the A34, and work to upgrade Perry Barr railway station.

£30m technology campus wins support

A BID for a new £30 million college campus in Dudley has been given the go-ahead by the Department for Education.

The creation of the Institute of Technology will help transform the town centre, bosses have said.

Proposals led by Dudley College will see land redeveloped in Tipton Road, near the planned Very Light Rail Innovation Centre.

Lowell Williams, the college's chief executive officer and chair of the board of Dudley Academies Trust, said: "I believe the proposal to create an Institute of Technology at the heart of Dudley is an ambitious vision whose time has come.

"I felt we had a very strong bid and I'm delighted we have been selected to take our proposal forward.

"Developing a technically skilled workforce and providing an even wider range of career pathways for the people of Dudley is what this bid is all about.

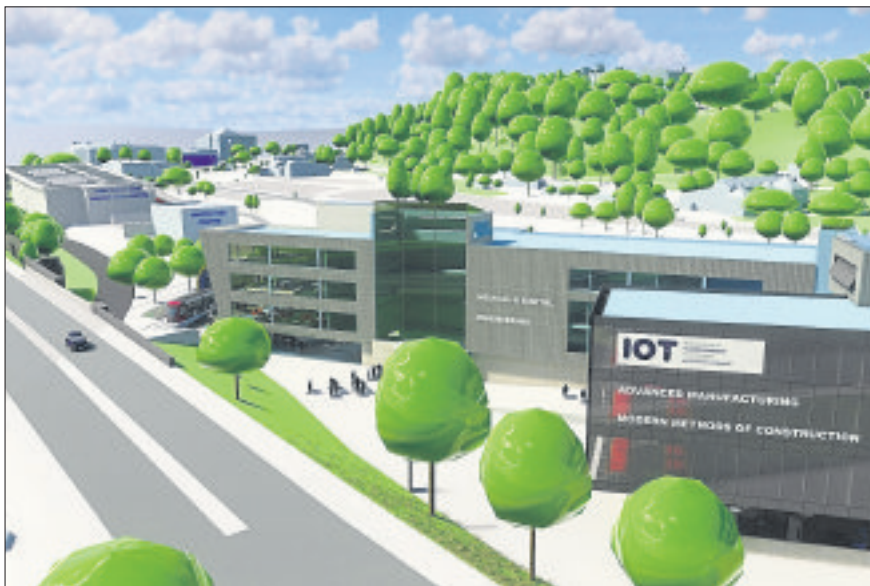
"The fact that other regional colleges have been successful too is particularly pleasing and it looks like further education colleges in the West Midlands are leading a renaissance in technical education."

Innovation

The bid was backed by other organisations including The University of Wolverhampton, Thomas Dudley, Fulcro and Dudley NHS.

Plans to establish the institute is part of the creation of an 'innovation park' in Dudley.

It one of only a small group of approved bidders across the country - and now needs final sign off by government before building can begin.



An artist's impression of the Institute of Technology which Dudley College bosses say could transform the town centre

Dudley North MP Ian Austin welcomed the news, saying: "Further investment in Dudley and the wider region is always welcome. I'm backing this bid all the way. Well done Dudley College."

The campus will provide hi-tech facilities for advanced level skills training in technology, according to bosses. It will provide progress routes from Dudley College's other skills training centres, Advance I and Advance II. The Innovation Park will

bring together a number of initiatives 'that would cluster research and innovation centres together including the Very Light Rail Innovation Centre'.

It will be built between the Black Country Living Museum and Dudley Zoo.

The second stage of the process to secure the final go-ahead for the project will begin in July with Government backing expected by the end of the year.

Other successful bids included proposals led by Solihull College and a joint bid from North Warwickshire and South Leicestershire Colleges.

Meanwhile, Dudley College of Technology is among 52 schools and colleges to have been named among the first T-level providers.

The T-levels are technical qualifications at A-level standard and have been described as the greatest shake-up of technical education for 70 years.

Transport chiefs back motorway bypass plan

A CONTROVERSIAL new 40-mile motorway that will plough through countryside skirting the Black Country has been backed by transport bosses.

Midlands Connect is considering plans for the 'Western Strategic Route', which would connect the M5 junction 4a at Bromsgrove with junction 2 of the M54, near the i54 business park.

The transport body's new report says the route would offer 'the biggest benefit' for improving journey times and supporting economic growth. It says the route could reduce traffic on stretches of the M6 and M5 by one fifth, and could also connect up to 45,000 homes.

The exact path has not yet been finalised, although it appears to mirror the Western Orbital scheme and the Wolverhampton Bypass, thrown out twice before. Initial plans suggest it is set to pass near Codsall, Codsall Wood, Perton, Pattingham, Wombourne, Dudley, Stourbridge and Kidderminster.

The report details 10 recommendations to tackle congestion including measures to make the best use of the M6 Toll, new park and ride sites, and introducing ramp metering on the M5 Junctions 1 and 2.

Midlands Connect director Maria Machancoses, said: "The recommendations are a bold statement of intent as to what is required to make the Midlands' motorway network fit for purpose."

Jeremy Bloom, of Highways England, said: "We agree that a vision for the future will help us to develop an investment strategy that solves the problems."

Tom on motorway for city concert

MUSICIAN and radio presenter Tom Robinson will play in Birmingham on a new UK tour in October.

His band will be at The Glee Club in The Arcadian, Hurst Street, on October 10.

The Tom Robinson Band had a string of hit singles in the 1970s including 2-4-6-8 Motorway. His solo hits in the 1980s included War Baby.

Tom, aged 68, has a show on BBC Radio 6 Music.

Art and dance at family fun festival

A COMMUNITY fun day is being held as part of a Festival of Learning.

Dudley Wood Neighbourhood Learning Centre in Dudley Wood Road will host the event on June 23 from 11am to 2pm. It will include crafts, health advice, children's dancing and an art display.

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Changes on the buses as faster service introduced

A NEW, faster bus service will be launched later this year under new plans by National Express West Midlands.

The express service will run between Birmingham, City Hospital, Smethwick, Oldbury, Dudley and Wolverhampton. A new direct service and regular links between Halesowen and Russells Hall Hospital, and between Merry Hill and Gornal Wood, are also expected. The new routes and changes are expected to start from September 2.

Tom Stables, managing director for National Express West Midlands, said: "Our new Dudley network means faster and more frequent services for our Black Country customers. And it means we can bring our beautiful top-spec platinum bus services – with free wi-fi and USB charging – to Smethwick, Blackheath and Oldbury."

National Express West Midlands' Sandwell and Dudley low fare zone will still apply – with £3 for a day ticket and £1.50 for a child day ticket. An adult weekly travelcard for inside the zone is £11 and a child's weekly travelcard costs £7.

The low fare zone takes in Stourbridge, Merry Hill, Dudley, Wednesbury, West Bromwich, Oldbury, Blackheath and Halesowen. The final draft of proposed changes can be found at nxbus.co.uk/dudley

Housebuilder is helping dancers

A HOUSEBUILDER has given a £1,000 donation to help a Halesowen-based dance troupe to represent England in an international competition in Spain this summer.

Jordon's School of Dance was chosen by Persimmon Homes Central to become one of its Community Champions.

The scheme invites local groups and charities to bid for a match-funded donation of up to £1,000.

It is the third year that dancers with the troupe have represented England in the dance World Cup competition. Some 38 dancers will compete this year. They will fly out to compete in Sitges, near Barcelona, from June 22-30, with school principals Donna and Joanne May.

Park story walks

STORY walks will be held as part of a National Bookstart Week event in Stourbridge. Free picture books for youngsters and owl craft activities take place at Mary Stevens Park tomorrow (Friday) from noon to 2pm.

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Designer village plans to face scrutiny



Lion Farm playing fields in the centre

THE developers at the centre of a controversial scheme to build a £200 million shopping centre on playing fields have announced their plans will be available for public scrutiny.

Birmingham-based developer Jeremy Knight-Adams wants to build a designer outlet shopping centre on the Sandwell site close to Junction 2 of the M5 – which could lead to the creation of 2,000 jobs.

The scheme at Lion Farm, Oldbury, which was first proposed in 2012, is opposed by campaigners who claimed decisions have been made behind

closed doors. Now the owner of the company, Mr Jeremy Knight-Adams, has given his own personal assurance that residents will be consulted about the plans.

He said: "Since I was last contacted in November my team has progressed on significant background work for this exciting opportunity that will deliver a step change for the people of Sandwell."

Campaigners opposing the scheme say it has been planned in 'secrecy' and will destroy almost 20 hectares of green space and cause traffic conges-

tion. The Lion Farm site is home to 13 football fields and changing facilities.

The council has flatly denied protesters' claims and in a statement – following a protest by demonstrators last month – outlined the transparency of discussions.

It said the proposal had gone through a number of public council meetings including cabinet in January 2013 followed by full council in March 2013.

A planning application for the proposal is expected to be lodged with Sandwell Council later this year.

Flats plan at former shops parade refused

PLANS to transform a Dudley shopping parade into more than 30 flats have been refused by council planners over a lack of affordable housing.

The application was to convert a building on High Street, near St Thomas's Church and the war memorial, into 33 apartments.

The scheme, which included car parking and an additional retail unit, proposed 10 two-bedroom flats, 20 one-bedroom flats and three studio flats.

The 1,000 sq ft site features shops on High Street, which would have formed part of a larger building backing onto King Street. The ground floor commercial space would have been remodelled allowing for three smaller commercial units instead of two larger existing units.

Consent had already been granted for 33 flats on the second floor – subject to conditions – but has yet to get off the ground.

Parade

Dudley Council's chief officer for regeneration and enterprise, Helen Martin, has now refused the application – as the development won't provide enough affordable housing.

The shopping parade had previously gone on the market for £1.5 million in a bid to kick-start the development.

A decision notice states: "The application has failed to provide reasoned justification or a financial appraisal to justify that the provision of affordable housing would render the scheme unviable. The applicant has not therefore entered into a section 106 agreement for the provision of on-site affordable housing or a payment of an off-site commuted sum."

Former council regeneration boss Councillor Khurshid Ahmed said: "It is disappointing that developers were not able to demonstrate or provide the amount of affordable housing."

"The developers have not signed the appropriate section 106 agreement to continue with the development, which would enhance the local area and provide more accommodation available for local people."

Just the plaice for a sing-along



Cradley Heath Male Voice Choir singing in Joes Chip Shop. From left, John Pritchard, Peter freakley, Eddie Nicholls, Cynthia Partridge, Jessica Marsden, Roy Gadd, David Perry and Andrew Lacon

FISH and chip shop customers were serenaded by a male voice choir as they waited for their orders.

Cradley Male Voice Choir sang a selection of songs at Ivan's Fish and Chip Shop, in Reddall Hill Road, and at Joe's Place, in Cradley Road, last Saturday. It was all

part of this year's Cradley Heath Art Festival, which runs until Saturday.

Lizzy Lee, secretary to festival organisers Cradley Heath Creative, said: "The performance was part of the Cradley Heath Art Festival, which we run every year to try to promote our local artists

in Cradley. As part of that we had the Cradley Male Voice Choir performing in two of our chip shops. "It was quite funny to see people walking in, not expecting to see a choir performing."

For details, including the festival programme, visit www.cradleyheathcreative.co.uk

NEWS IN BRIEF

Patience praised over roadworks

A COUNCIL highways boss has thanked people for their patience as a multi-million traffic-busting scheme in Dudley nears completion.

A 12-month programme of work has been taking place to improve Pensnett High Street. The new traffic lights at the junction of High Street and High Oak has now opened to traffic following the work to improve road and pedestrian safety, reduce congestion and improve traffic flow in the area.

Improvements also included an additional pedestrian crossing on High Street. Bradley Street has been closed to through traffic and Birds Meadow and Tansey Green Road has been made left-turn only.

Councillor Karen Shakespeare, Dudley Council's cabinet member for environmental services, said: "A big thank you to all the residents, businesses and motorists for bearing with us over the last 12 months."

Care team's top tunes revealed

A CARE home team were all signing from the same song sheet as they launched their latest campaign as part of Dementia Action Week.

Home Instead Senior Care, in Dudley, has created a 'SongsToRemember' top 10 of favourite tunes that caregivers and their clients love to sing together. The three most popular songs were Bring Me Sunshine, It's A Long Way To Tipperary and You Are My Sunshine.

The team at the Dudley and Sandwell South office used the #SongsToRemember song sheet to sing along with their clients and colleagues and posted pictures and updates on social media using the hashtag.

Tribute band set to play the Best of Foo

A FOO Fighters tribute band will take the stage in Stourbridge later this month.

Food Fighterz will perform at the River Rooms on June 22. Fans can expect the band's biggest hits like Best Of You, Times Like These and Monkey Wrench.

Tickets cost £8. Call 01384 397 177 or 07986 577 661.

Find feet at town hall movie show

DRAMA Finding Your Feet will be shown as part of a movie matinee programme on July 2 in Stourbridge.

The film, starring Imelda Staunton, Celia Imrie, Timothy Spall and Joanna Lumley, will be screened at Stourbridge Town Hall at 1.30pm.

Tickets cost £4.50. To book call 01384 812812.

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Borough among worst-hit for number of fuel thefts

PETROL stations in the Black Country were targeted more than 3,000 times in a year by fuel thieves, with Dudley one of the worst hit areas, new figures show.

MP for Dudley South Mike Wood is urging police and fuel stations to work hard to 'cut out' the crime.

West Midlands Police is now encouraging businesses to operate pre-pay policies to help foil criminals who speed off from petrol forecourts without paying.

The figures show that from May last year to April this year, there were 1,070 incidents in Sandwell, 725 in Dudley, 653 in Walsall and 632 in Wolverhampton.

Mr Wood said: "This is not a victimless crime. The cost of these thefts are felt by honest motorists. We need police and petrol stations to work as closely together as possible to really cut this out."

West Midlands Police lead for business crime, Supt Harvi Khatkar, said: "We work closely with petrol station managers and the British Oil Security Syndicate on tackling this issue."

Policy

"While encouraging businesses to take steps to minimise the likelihood of them becoming a victim – such as operating a pre-pay policy and installing good quality CCTV – we also routinely share images of fuel theft suspects on our Flickr and Facebook pages."

The figures show the number of barking incidents across the Black Country has decreased across the year. In May last year there were 353 incidents of petrol theft, compared to 265 in April.

In a guide created for retailers this year, the Association of Convenience Stores claimed the annual cost of barking to UK stations was £19million.

"Ambulance staff took over and also administered advanced life support which continued en-route to Russells Hall Hospital. Unfortunately, shortly after arrival at the hospital it became apparent that nothing could be done to save him."

Emergency services were called to High Street at around 11.10am on Friday following reports of a one-vehicle collision. A man in his 70s was taken to hospital but later died.

The road was closed by police, close to the junction of Vicarage Road, but reopened around an hour later.

Jamie Arrowsmith, West Midlands Ambulance Service spokesman, said: "On arrival, crews discovered a man in cardiac arrest. Bystanders had already commenced CPR."

"Ambulance staff took over and also administered advanced life support which continued en-route to Russells Hall Hospital. Unfortunately, shortly after arrival at the hospital it became apparent that nothing could be done to save him."

Blind Dave runs up support for road race



Blind Dave Heeley and Seamus with Alan Bowler, Halesowen and Rowley Regis Rotary Club and store manager Darren Burke

BLIND Dave Heeley is taking part in this year's Black Country Road Run, joining West Midlands Mayor Andy Street and Halesowen and Rowley Regis MP James Morris.

The 10km and family fun run takes place in Halesowen on July 1. It is organised by Halesowen and Rowley Regis Rotary Club.

Mr Heeley, from West Bromwich, will be taking part for the seventh year. He posed for a picture outside

sponsors The Big Pet Store this week. He said: "It's a race I always enjoy doing and the only one I dress up in costume. This year I'm thinking about going as a leprechaun with a friend."

Mr Heeley last took part in the Sutton Coldfield 10km, and before that the Birmingham 10km. He plans to run the 10km, which starts at 10am, and the family fun run at 11am.

He said: "The best thing about the race is the ice cream parlour halfway

round." Also taking part are Mr Street and Mr Morris. Mr Street said: "I am very much looking forward to taking part in this event which promises to be a great occasion."

"Not only will it be a great event for runners but will also raise money for many good causes in the Black Country and beyond."

The race starts and finishes in Halesowen town centre. Enter at www.theblackcountryrun.com

Green light for Lye rubble recycle site

A LARGE recycling depot will be built on the former Helix factory site in Lye after planning bosses gave the thumbs up to the scheme.

The family-run facility will move to a different part of the plot formerly occupied by the stationery giant, in Engine Lane, and is expected to create around 50 jobs.

The company, which recycles aggregate material for the construction industry, currently operates from an unauthorised site in nearby Bott Lane. The applicant wrote to Dudley Council insisting it was 'paramount for all concerned' that the firm be allowed to remain.

The current site, which has no planning permission, is the subject of a council enforcement notice.

Principal planning officer Peter Reed said the company had been there for more than 12 months and there had been no accidents reported there or problems arising from its presence.

Councillor Mohammed Hanif, who represents the area, said he had received several complaints from residents about noise from the business and asked for six-monthly noise monitoring checks to be made.

The depot, which will process 40,000 tons of waste a year, has been given permission to operate from the site for three years.

Two arrested after man hurt in attack

TWO men, aged 31 and 23, were arrested on suspicion of assault after a man was attacked near the Mount Pleasant pub in Kingswinford.

Police, paramedics and Midlands Air Ambulance were called to Cot Lane on Sunday at about 4.50pm. The man, in his 40s, remains serious but stable in hospital.

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Data shows a quarter of children obese

SANDWELL and Wolverhampton are among the worst eight boroughs in the country for fat children, figures show, with more than a quarter of 11-year-olds obese.

Data for Year 6 children in more than 350 boroughs has been released by the National Child Measurement programme.

It shows in Sandwell 26.6 per cent of kids are obese, while in Wolverhampton the figure is 26.4 per cent. The areas are ranked sixth and seventh respectively.

Walsall came 17th, with 25.3 per cent obese, and Dudley 36th, with 24 per cent. South Staffordshire Council came 83rd with 21 per cent, Cannock Chase 85th with 22 per cent and Stafford was 226th with 17 per cent.

Sandwell cabinet member of health, Elaine Costigan, said: "These figures are concerning and we won't shy away from the hard work that needs to be done. We as a council face a real challenge to try to encourage people to be healthier."

Sandwell and West Birmingham Clinical Commissioning Group supports the council. A spokesman said: "We recognise the impact of childhood obesity on children's health and well-being. We know it is a complex issue with many contributing factors, including diet, physical activity and the environment."

Score with free pint during the World Cup

A FREE pint is on offer at a pub during the World Cup.

The free pint of 'Un-Beer-lievable', created with former player-turned pundit Chris Kamara, is on offer at Greene King's The Crabmill in Hagley Road, Oldswinford from June 14 to anyone who watches football at the pub and downloads the free Greene King Season Ticket app.

Two-year prison sentence for hospital bomb hoaxer

Football fans help stem cell donor plea



Matt Beveridge, left, and Simon Wilkes at the Olly Wilkes Memorial tournament

MORE than 50 people signed up as potential stem cell donors at a football tournament staged in memory of an Albion fan.

The Olly Wilkes Memorial Football Tournament took place at Thorns Collegiate Academy, in Brierley Hill. It was jointly run by Olly's family - father Simon, mother Lynn and brother Ben - and his former club Withymoor

Colts, in memory of Olly, aged 22, who took his own life last year.

Simon Wilkes has been diagnosed with blood cancer and wanted to use the tournament to raise awareness of stem cell donation.

Participants and spectators had the opportunity to sign up to the Anthony Nolan stem cell register, by filling in details and providing a DNA sample

via a cheek swab. At a similar event last year, 22 people signed up, including Matt Beveridge, 26, of Stourbridge. He received a call in March to say he was a potential match for someone in need of a stem cell transplant and went to the London clinic to donate.

Anyone aged 16-30, in generally good health, can join the register. Visit www.anthonynolan.org

A DRUNK whose bomb hoax led to major disruption at a hospital has been jailed for two years.

Norman Taylor told a horrified support worker on the second floor of Russells Hall Hospital in Dudley that he had explosives in the holdall he was carrying.

The 43-year-old then pulled out a screwdriver and ran off with the bag as the building was put into lock down, Wolverhampton Crown Court heard.

Taylor had already called police to say a bomb had been placed at the hospital, leaving his correct name and phone number before going to

Russells Hall himself on September 7 last year. He was on bail at the time.

"Patients were moved, ambulances were redirected to other hospitals and police specialist units were put on standby," said Miss Laura Culley, prosecuting.

Police rushed to the hospital and Taylor's home but he had already left. He was detained by security staff. The defendant was so drunk he had started to hallucinate, a psychiatrist confirmed.

Mr Lennart Poulsen, defending, said: "The bomb hoax was not a deliberately malicious act. It was the result of temporary psychosis resulting from heavy intoxication. But he takes full responsibility."

Taylor, of Spiral Close, Halesowen, admitted possession of four imitation firearms and to making malicious communications.



Norman Taylor

Top award for Sabbath's Ozzy

BLACK Sabbath frontman Ozzy Osbourne will receive the equivalent of a lifetime achievement gong at Metal Hammer's Golden God Awards. His band were awarded the same honour at last year's event.

Birmingham-born Ozzy, aged 69, will be recognised for his almost 50-year career.

Ozzy said: "What an immense honour it is to be getting a second Golden God Award after Sabbath picked one up last year. The fans who have supported me and this music mean everything to me, which is why getting this award is so special."

The singer founded Black Sabbath in 1969 alongside guitarist Tony Iommi, bassist Geezer Butler and drummer Bill Ward before leaving in 1978. Ozzy reunited with Iommi and Butler for a 2013 album, called 13. In February last year the trio brought the curtain down on the band's career with the final show of a farewell tour in their home city.

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IN MY VIEW
with Mark Andrews



Compost heap not my idea of fine dining

JAPANESE knotweed, what do you know about it? Or dandelions, or nettles? Now I thought the answer was pretty obvious. Nuke it with the most powerful weedkiller you can find.

But, according to television gardener Alys Fowler, that is completely wrong. Not only does the former Gardener's World presenter have a rather strange name, but it seems she also has a rather strange idea about what to do about garden weeds. Last week she told the Hay Literary Festival that instead of killing them, we should try eating them.

Yum, yum. Now look, I'm the first to admit to being a dreadful gardener. Every year, I spend a fortune on plants that wilt after a couple of weeks. Only last month I replied to an advert in a national newspaper featuring pictures of glorious blooms, offering "two beautiful hanging baskets" for £20. And then they arrived - just two plastic bowls and a bit of chain. No flowers like in the pictures, just two plastic bowls for 20 quid. So I'm gullible as well.

But while I know nothing about gardening - or gastronomy for that matter - it still seems difficult to comprehend that tucking into the compost heap represents the future of fine dining.

Nevertheless, Richard Bainbridge, one of those avant-garde chefs loved by the food critics in The Guardian, says he spent Wednesday last week rummaging around a car park in Norwich looking for ingredients. If that's your thing, you will not only find knotweed on his menu, but a bit of chickweed garnish too.

"I think it is lovely, it is like a light version of watercress," he says.

Simon Rogan, with two Michelin stars to his name, is another fan, although he prefers nettles and dock leaves. Nice.

Then there is Tiffany Francis, who has gone so far as to write a recipe book on the subject. She just loves dandelions, using the heads to make biscuits and the leaves as salad.

Now I probably ought to tread carefully, because someone somewhere has probably decided that disparaging garden weeds is the next big 'hate crime'. But while this sort of thing might go down a storm in the trendier parts of London, can you really see nettles from a car park in West Bromwich catching on around here?

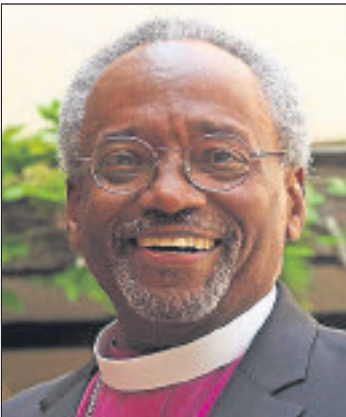
A few years ago, food critic Jay Rayner said there was nowhere good to eat out in the Black Country, because the people didn't want to pay for good food.

Well, no offence Jay, but I think I'll stick with the steak.

Showbiz names? Didn't recognise one of them!



Tony Blair – Iraq casts a shadow that will last the rest of his life



Bishop Curry's 14-minute wedding sermon – attention span was not the issue



Victoria Beckham – was said to be 'mortified' after confusing actresses

Reality is that they are not stars at all

VICTORIA Beckham was said to be "mortified" after mistaking Thandie Newton for Zoe Saldana. I sympathise. As I admitted recently, in the blood-and-guts epic The Revenant, I had great difficulty telling Leonardo DiCaprio from the grizzly bear. The Misses Newton and Saldana? I'm sorry, I haven't a clue. The problem is that there are simply so many celebrities today. I've just put down a newspaper supplement with a double-page spread of alleged showbiz stars. Didn't recognise a single one of them. It seems those whose names are preceded by "reality star" are, in reality, not stars at all.

IN October last year I wrote: "Harvey Weinstein is . . . deliciously easy to hate. But as this affair deepens and the Hollywood swamp is drained, don't be surprised if some of your favourite stars turn out to be wading in the ooze." But I never imagined Morgan Freeman would be in the frame and begging forgiveness.

A READER suggests I might have gained more from Bishop Curry's 14-minute sermon at the Royal Wedding if I had a greater attention span. Believe me, attention is not the issue. It's all a question of whether or not you are a believer. If you believe there is a supernatural deity somewhere Up There who created the universe, loves every one of us and has prepared a place of eternal bliss in the afterlife, then sermons such as this must be wonderfully uplifting and faith-affirming. If, on the other hand, you believe there is no God, and that religion is a system designed to keep people in their place with the promise that if this life is awful, things will be

THE BEST OF PETER RHODES



great when they're dead, then you probably regard all God-botherers as at best deluded and at worst dangerous. I have heard many holy men banging on about the Love of God and the joys of Heaven but I've yet to meet one who wants to go there.

IF nothing else, the arrival of the new Duchess of Sussex is a reminder that we're not all known by our first names. Many of us, for reasons of family tradition, personal choice or the demands of showbiz, are known by a middle name. Thus, the Duchess is Rachel Meghan Markle in much the way that the US megastar is William Bradley Pitt, the former Beatle is James Paul McCartney and the "Rivers of Blood" MP was John Enoch Powell.

A USEFUL thing about being known by your middle name is that you can use your first name on official documents. And that means that when an envelope arrives addressed to William Pitt or James McCartney, you know it's not from a friend.

YOU may get a glow of satisfaction about Russian oligarchs being called to account by UK authorities and made to explain how and when they acquired their riches. But remem-

ber this. A quarter of all the income tax paid in Britain is paid by the richest one per cent of income-tax payers. While a moral crusade is heart-warming, dirty money is still money and it may be that the best way to fund the NHS is to look the other way.

ACCORDING to the Sunday Times, rising ocean temperatures may soon make wetsuits obsolete in the seas around Britain. Excellent news. Unless you have a perfect body, the black-rubber wetsuit is the most unkind and unforgiving item of clothing. I saw a woman on Loch Lomond mounting her jetski. She was a large lass, clad in a wetsuit, straddling the saddle with her ample bum in the air and a jet of water shooting up between her legs. It was unforgettable, and not in a good way, and yet from her satisfied smile, she obviously thought she looked like a Bond girl.

I GAVE an example recently of the casual effing and blinding directed at Tony Blair in online debates over everything from Syria to Brussels. I recall writing, after the 1997 General Election, that impossible as it seemed, this young and popular new Prime Minister would one day be the most hated man in England. But who could have imagined that 11 years after he resigned as PM, Blair would still be so energetically despised by so many who once adored him? Blair is desperate for what politicians calls 'legacy' but Iraq casts a shadow that will last the rest of his life.

TALKING POINT



No longer saddled with rude drivers

FOLLOWING a forced leave of absence from my bicycle saddle (basically through laziness!) I am now fully back roaming the Black Country on two wheels – at least, to my place of work anyway.

And, I have to say, apart from a couple of predictable clashes with drivers of white vans who really do think the rules of the road are basically Fast & Furious 1 to 8, things have definitely improved.

In the two years or so I have been off the road, pedal-power wise at least, there is a noticeably more relaxed attitude to me in my bright yellow top, gliding past gathered cars in the bike lanes leading up to traffic lights.

I have found in the past that however courteous one driver might be to allow me access across a junction, then there will be one, or several, hotheads much less courteous in the queue behind them, who almost aim their vehicle at my rusty steed, with the accompanying high revs and hand gesticulations making cycling a somewhat daunting prospect.

Not so now though. After a couple of weeks back in the saddle, I am pleased to report there is usually space allowed to my right-hand side – apart from some aforementioned idiots in vans. Also there is no pressure to get out of the way with an occasional encroaching front bumper belonging to frustrated drivers' cars behind, and generally, it's all pretty laid back.

Of course, and it's oft been said, sensible sharing of the public highway works both ways, and when Lycra-clad racing types ignore everything else on the road to make mad dashes around and in front of the more cumbersome engine-powered vehicles, it is no surprise there are tensions.

The only thing I have found disappointing is previously when I was to-ing and fro-ing as a self-propelled commuter, I estimated that my journey, which is more or less a directly straight route, was about six miles. However, with the advance of the internet, I managed to find a site which worked out distances of travelled routes, including cycling. I worked it out as a measly four miles, and yet for me, it feels like a marathon!

I regularly have to suffer the ignominy of being overtaken by older, heavier cyclists who leave me in their dusty tracks. I have come to realise that my bike simply can't go as fast as other bikes...it's probably something to do with the gears/chain/tyres etc – and nothing to do with the rider of course!

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Velodrome needed to encourage cycling

I am a grandpa and a cyclist. I have two granddaughters who are both really keen on cycling and who I hope to introduce to track cycling soon.

Sadly, the West Midlands is the worst place in the UK to live if you are interested in cycling, particularly if you are a young child. The roads are dangerous and have little to no provision for cyclists and cycle racing facilities are few.

If you want your kids to experience the thrill of riding an indoor velodrome then a trip to Derby or Newport (Gwent) are required. I have no idea

how busy parents find the time or the money to get their kids to either of these velodromes regularly enough for their kids to learn the skills required to race on the track or to experience the real thrill of riding the boards.

I know that the parents of my grand kids couldn't and it falls to me as grandpa to do this. Many children are not fortunate enough to have grandparents with the time, money and transport to do this.

Sport is not just some added extra, it is absolutely essential for a decent and enjoyable life. Taking part should not

require high incomes and the sorts of jobs that allow lots of time off.

Cycling is a tremendous sport. I have never been that good a rider but have been riding my bike and occasionally competing from when I was eight, I am now 62. How many other sports can you do this in?

An indoor velodrome for the West Midlands is a great idea. Somewhere managed and run in the interests of cyclists, by cyclists to encourage cycling at all levels could be a great success.

PETE MARSHALL
Stourbridge

Set the right example in household

AS a teacher with 40 odd years experience in primary, secondary and special education, I find it both annoying and ironic that the two problems most frequently laid at the door of schools – littering and bullying – are the two issues schools spend most time, effort and money striving to eliminate.

Peter Rhodes, fresh from his holiday on the bonny, litter-strewn banks of Loch Lomond, questions how many hours it takes in the classroom to convey the message: "Don't drop that".

His question would be more pertinent if the word 'classroom' were replaced with the word 'home'.

The most effective tutor of all is my example. In all my 40 years I can honestly say that I never saw a teacher drop litter in school but I doubt very much whether the same could be said of parents with their children at home and elsewhere.

MR B WILLIAMS
Wordsley

LETTERS TO THE EDITOR

POST

Dudley Chronicle,
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Tax those who have benefited

FOR many years I have advocated funding the NHS through taxation. Now, with the NHS at crisis point the government has succumbed to common sense, proposing that most ordinary taxpayers pay up to an extra £2,000 per household per year to improve a dire situation caused by successive Conservative governments.

But this crisis was completely avoidable. The Tories took power from Labour in 2010 based on a promise to cut taxes, which they did, the main beneficiaries being the most wealthy and the multi-national companies.

The government claim to have put in more funds than ever, then massively cut funds under the guise of 'efficiency savings'. Now they want us to cough up for their mismanagement. They should substantially increase corporation tax so those who benefited most from the tax cuts would put the most money back in.

MICHAEL CLIFF
Wall Heath

Wake up, council, to blinding attraction

DUDLEY visitors and businesses are missing out on the Peaky Blinder phenomena, created by filming at the Black Country Living Museum close to the Hippodrome site.

While Peaky-themed bars are opening all over the country, there is nothing in Dudley. There's even a Peaky Blinders tribute band called the Peaky Blinders, yet Dudley cannot see the tourist attraction staring them in the face.

A plan to open a Peaky Blinders Museum made from a collection of photos of the gang and police uniforms has received £145,000 of Lottery cash and hopes to create a Victorian lock-up similar to where the real gang were held. Wake up Dudley Council, Peaky's big business on your doorstep.

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Graham Smith from Oldbury with his 1932 MGJ2



Keith Turley and granddaughter Abbie Wallis in their vintage steam engine



Robert Oldnall, of Wall Heath, and a classic American Army Jeep



Pete Marsh from Kingswinford with his MG Scorpion



Colin Burton from Coseley with his Austin 7 Opel

Crowds steam along to vintage show

PETROL heads and steam buffs could admire cars and trains from across the decades at a special steam spectacular.

The fifth annual Vintage Transport and Country Fair at Himley Hall and Park was held over the weekend and saw vintage steam train, 1973 Grand Torinos and other rare classic cars.

Visitors could have a trip down memory lane to have a look at a variety of vehicles on

display. There was plenty to keep enthusiasts engaged, with attractions including fairground organs, tractors, classic cars, vintage motorbikes, cycles and vintage fire engines.

There was also the likes of a classic American army Jeep, an Austin 7 Opel, and even a 1932 MGJ2. The event ran for the whole weekend and was believed to bigger and better than before.

It developed from being the former Steamer Sunday event to a full vintage vehicle display and country fair, bringing exhibitors from across the country since its smaller begin-

nings. Visitors could also enjoy family-friendly events including a children's funfair and have a look around arts and crafts stalls, vintage stalls, hand-crafted collectables as well as listen to live music.

Chainsaw

They could enjoy a bite to eat from a variety of food stalls and watch a chainsaw carving demonstration.

Meanwhile, youngsters can enjoy a special day out at Himley Hall and Park as the site stages its annual Under-Five's Day later this

month. The popular Dudley Council event, which features activities and entertainment for youngsters under the age of five, takes place on Friday, June 29, between 10am and 3pm.

Himley Hall and Park's own beach - complete with a giant sandpit, buckets and spades - and Punch and Judy shows will be on offer throughout. Baby and Toddler Sense, Music Bugs, Rugby Tots, Creation Station, Kung Fu Cubs, Moo Music, Hartbeeps and Baby Ballet will all be making an appearance.

Councillor Ian Kettle, cabinet member for

responsible for halls, said: "The under-fives day is one of the region's largest pre-school events and we are expecting over 4,000 visitors to the park on the big day.

"For the first time this year, we are introducing a 20 per cent saving for parents and carers who wish to book online in advance."

Adult tickets start at £5 and children's at £3.50. Car parking is free.

Tickets can be booked by visiting www.himleyhallandpark.co.uk/under5s. To apply for a stall, email jacki.wynn@dudleygov.uk for a booking form, or call 01384 817822.

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Ambulance ball hosted by celebrities

A FAMILY-RUN Jewellery business will add sparkle to the Midlands Air Ambulance Charity's Ball and Recognition Awards for the second year running.

T.H. Baker will be the headline sponsor for the prestigious event later this month, which will be presented by Vernon Kay and Nina Hossain. The event, now in its seventh year, will take place on June 15 at the Vox Conferencing Centre in Resorts World, on the Birmingham NEC site.

Award sponsors also include JM Bailey, Fusion Communications, EBC Group, M6 Toll, Phoenix Group, HomeXperts, McLaren Birmingham, Unity 4 and Yogurt Top.

The event will recognise the life-saving work of the aircrew, generous volunteers, fundraisers, local business partners, and the inspirational stories of airlift heroes, all who will be honoured for their achievement.

Phil Higgs, managing director for T.H. Baker, said: "We have always been supporters of Midlands Air Ambulance Charity since it first came into operation in 1991, and over the past few years our support has become even stronger." Sofia Voutianitis, corporate partnerships manager for Midlands Air Ambulance Charity, added: "Without support from local businesses, Midlands Air Ambulance Charity wouldn't be able to save lives every day."

Time for poetry

A POETRY event is being held in Dudley Library during Carers Week next week.

Led by writer and performance poet Emma Purshouse, Taking Care is running in the St James's Road venue on Tuesday from 11am to 1pm.

It is free but places must be booked on 01384 815555 or by e-mailing cara.evans@gll.org.

Waste plant scheme earmarked for approval in spite of fears

Teacher Alex is in tune for top award

A PRIMARY school teacher was in tune to win a top music competition.

Alex Ohm, a singer from Upper Gornal, beat 2,000 other contenders in the up-and-coming Pirate Prodigy contest, which scouts the best musicians in the nation.

As part of the prize, he will be performing at festivals all over the country and be coached by top producers.

The 30-year-old supply teacher, who used to work at Olive Hill Primary in Halesowen, said: "It was such a big shock. But I think the biggest shock was all the support. People all over the world were voting for me in the end, it was very humbling and overwhelming. It wasn't what I expected at all."

An expert panel of industry mentors and judges will now support, develop and promote Alex's career in music.

He will receive one-to-one mentoring and masterclasses to help launch his career in the music world and also be given studio time with professional producers who have worked with Florence + The Machine.

As part of the prize he will also be treated to free video production, expert branding and marketing advice, social media promotion, and festival slots.

Alex, who lives with 25-year-old partner Grace, describes his music style as similar to indie rock band Alt-J, indie folk band Fleet Foxes or folk band Bon Iver.



Alex Ohm, from Lower Gornal, who has won a national online music competition

A CONTROVERSIAL bid to build a huge energy facility overlooking the M5 looked set to go ahead this week – despite a last-ditch attempt by MP Tom Watson to block it.

The plans were put on hold earlier this year after councillors demanded more information but the scheme was recommended for approval at a meeting taking place last night (Wednesday).

Labour deputy leader Mr Watson sent a letter of objection on behalf of his West Bromwich East constituents complaining the building would be too large and could lead to traffic problems in the area. A petition against the plant, described as an 'enormous monstrosity' by one resident, was signed by 450 people.

However, planning experts at Sandwell Council say they are satisfied with the scheme, paving the way for the development to go ahead. They said they were unconcerned by the scale of the building, stating it would be a 'landmark' for the area.

Doubt

The 10,000 sq m energy recovery facility would be built at Giffards Recycling, off Kelvin Way, in West Bromwich, and convert 400,000 tons of waste into electricity a year.

A planning report ahead of a meeting last night, when a final decision was expected to be made, said: "There is no doubt that the building and chimney would be visually imposing, particularly when viewed from the M5, canal and wider area. However, it is considered the proposal would represent a landmark building similar to the college building."

Officers added increased traffic would have no significant impact on surrounding roads.

Centre to aid people with disabilities

A NEW assisted living centre will open in Dudley tomorrow (Friday).

Opening in Cider Avenue, Quarry Bank, it will support people with disabilities and health issues with access to information about equipment and support for the home.

Councillor Nicolas Barlow, Dudley Council's cabinet member for adult social care, will open the centre at 2.30pm. A one-stop shop for advice and information, it has rooms designed to replicate the traditional home showcasing a range of helpful equipment and aids for the kitchen, bathroom, bedroom and living space for people to try out.

Anyone living in the Dudley borough and is having trouble with everyday tasks because of frailty or a disability can visit the centres. To make an appointment, call the adult social care access team on 0300 555 0055.

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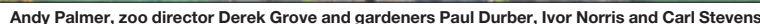
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Luna was born on May 28 last year to parents Chico and Meena, who has had five other babies, after a 13-month pregnancy.

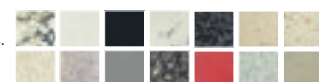
Supporters who want to move seats are being reminded there will be fewer options than usual due to the high demand. Requests will be first come, first served.

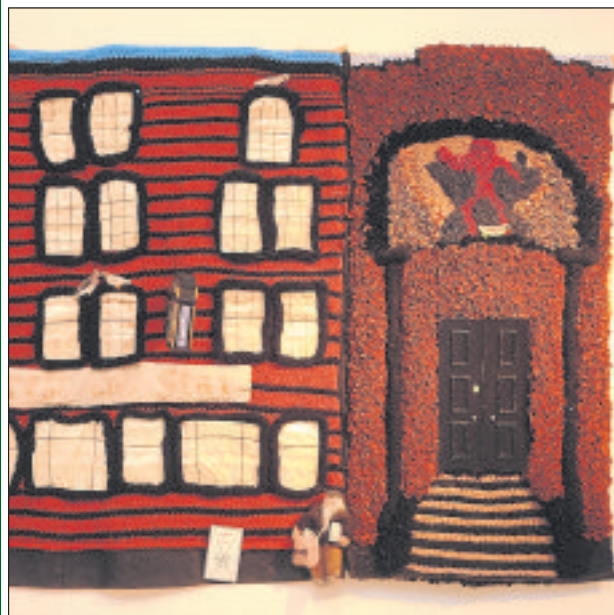
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A group shot of the Hobbs outside the Congregational Church



How Queen Street looked in the 1930s



A group shot of the Hobbs outside the Congregational Church



A scale model of Queen Street forms part of the exhibition



Kay and Fred Hobbs next to a piece depicting the church where they married

Streets ahead with unique artwork

"WHEN I told people I was knitting the Express & Star, they thought I'd lost it."

Hazel Thomas is speaking about the eye-catching piece of textile art she and friend Helen Page have created for the Queen Street exhibition, which has just opened at Wolverhampton Art Gallery.

The pair are members of the Bantock Bodgers group whose vibrant interpretations of some of the street's most historic buildings are real show-stoppers.

The spotlight has fallen on the street following a successful bid for Heritage Lottery funding by the city council to conserve, repair and restore some of its oldest and most handsome buildings.

The exhibition showcases the road, telling its history in words, craft pictures, sketches, models and collected stories, illustrating why it was singled out for conservation. Hazel, aged 70, of Oxley, and Helen, 71, from Bilston, took six months to complete the textile art.

"We decided to create a pre-1930s version

of the building and had help from Hazel's husband David and my partner Steve and a friend Carolyn, who made the non-textile parts," said Helen.

Other pictures include a replica of the Congregational Church that used to stand on the corner of Queen Street and Market Street – where the Job Centre now stands – before it was demolished in 1971.

A hunt by gallery staff to find people who used to worship at the Victorian church almost 50 years ago was successful with a handful of former congregation members

attending the exhibition opening – including a couple who married at the church in the 1950s. Kay and Fred Hobbs, from Compton, had met and fallen in love at the Royal Hospital in Wolverhampton where they worked in research in the pathology laboratory.

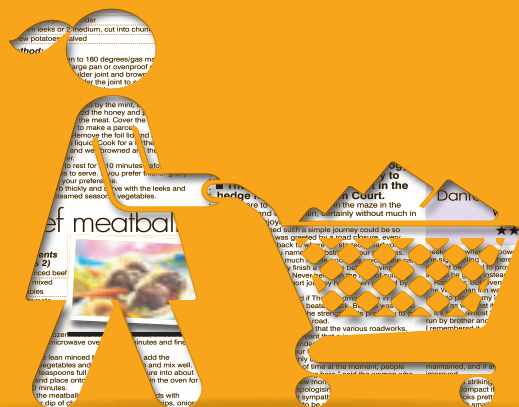
Kay said: "It was a lovely church to get married in, not least because you could take wonderful group photographs on the steps outside so you could see everyone."

Fred, a former deacon of the church, said: "It was very sad to see it go but the combination of an elderly congregation and the cost

of maintaining the building meant it couldn't survive."

At the centre of the exhibition is a scale model of the street produced by first and second year students from the University of Wolverhampton's School of Architecture and Built Environment.

They have also completed a laser scan not only of the exterior of the street, but also an internal scan of one of the street's typical Georgian townhouses. It is planned to create 3D graphics to be incorporated into a Queen Street App due to be launched in September.



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23 HIGH STREET CRADLEY HEATH (OPPOSITE TESCO)

Amy waltzes back into the Strictly TV ballroom



Dudley dancer Amy Dowden was all smiles on Strictly Come Dancing last year alongside comedian Brian Conley. The pair made it to the fifth week.

A PROFESSIONAL dancer based in Dudley will return to Strictly Come Dancing as part of the biggest line-up of professionals ever.

Amy Dowden, 27, is one of 18 professional dancers who have been selected to perform with star partners in the sixteenth series of the hit BBC One show.

She was selected to return after joining for the first time last season when she was paired up with comedian, actor and television presenter Brian

Conley. The pair made it to the fifth week. The dancer, originally from Wales, said: "I am really excited for the show, I cannot wait to start again."

"Last year was so much fun and I learned so much. I made some lifelong friends including Brian Conley. It was great fun to work with him and we are still in touch."

"I am always nervous for the show but the day you are not nervous is the day you should hang up your shoes. I am always nervous for my partner too. "Me and Brian got to the fifth week but hopefully I can do better this year."

I just have to wait and see who my new partner is."

Amy has been dancing since she was eight and decided to pursue dance as a career when she was 18. She went on to win the 2017 British National Championships, is a four-time British National Finalist and reached the semi-final of the World Championship in 2015. She runs a dance academy called Art in Motion, on the Thornleigh Trading Estate.

Three new dancers will join Strictly – Graziano Di Prima, Johannes Radebe and Luba Mushtuk – when it returns in the autumn.

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An AJS motor-bike tester out on the road



The new two-wheeler display



The Viking Cycle Team in the 1950s



Percy Stallard, a pioneer of British road racing

Telling story of city's two-wheel heritage

TETTENHALL Transport Heritage Centre has unveiled its new two-wheeler display, thanks to help from Pallet Tracking Systems of Willenhall.

It reflects the long history of Wolverhampton in building bicycles and motorbikes, a heritage which goes back to the beginnings of both, and names like Sunbeam, AJS, Villiers, Wearwell, Hateley and Viking are included.

The metal-working skills which existed here during Victorian Times were easily adapted to making bicycles, and the trade soon flourished with, at one time, more than 80 bicycle makers.

These varied, from the huge ones, like Sunbeam and Star, to the small makers, very often at the back of bicycles shops like Dugmores, Hateleys and Fred Williams.

The whole trade was boosted by cycle racing at Molineux. Huge crowds of up to 10,000 people turned out to watch on a cycle track created in the gardens of Molineux House, which only stopped when Wolves moved over to build their new stadium on the site.

Wolverhampton's Percy Stallard then became one of the pioneers of British Road Racing. The Wolverhampton Wheelers Cycle Club is one of the oldest sporting

MEMORY LANE

By Alec Brew

clubs in the city, and they found a new home when Aldersley Stadium was built in the 1950s, with a cycle track around the outside.

Manufacturers returned to cycle racing after the war, with major teams operated by Viking and Wearwell, who made some of the last two-wheelers.

Perhaps it was a natural progression from bicycles to motorbikes, some of the earliest of which were just bicycles with a small engine fitted, but soon some of the greatest names in British motorcycling came from Wolverhampton.

Prizes

Every year the TT Races on the Isle of Man were the pinnacle of motorcycle races, and it was often Wolverhampton firms like Sunbeam, AJS and HRD who were vying for the top prizes, but there were many other smaller makers, like Clyno, Wolf, Diamond and Sharratt.

All the bikes at the TTHC have been donated, and they are always looking for others to add to the story of the city's two-wheel heritage.



Some of the badges with very familiar names



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Stagecoach Performing Arts Halesowen continues to build on its successful Saturday classes with a new Sunday morning school opening September 2018. Classes take place every weekend during term time. Early Stages classes are available for students aged four to six years and Main Stages classes are for students aged six to 18 years.

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As little as 20-30 minutes of cycling can boost your quality of sleep



If you're looking for a way to lift your spirits, cycling could be just the tonic

Take a spin through the health benefits of cycling

By Liz Connor

ELITE cyclists from all over the world will soon descend upon Europe for this year's Tour de France. The world's most famous cycling race will see 22 teams go head to head for more than 2,000 miles, ending with a magnificent sprint down France's iconic Champs-Elysees.

For an energetic workout that'll burn calories, torch fat and clear the mind, nothing quite beats the challenge of getting on two wheels.

If you manage to complete the exhausting 23-day TdF for instance, you could burn off up to 118,000 calories - that's the equivalent of 26 Mars bars per day.

Thankfully, you don't have to pedal across France to get a decent workout from cycling, however. Even if you just choose to potter around Shropshire's picturesque country lanes, regularly finding time to get on your bike can bring some pretty important benefits for both mind and body. And now that the sun is shining, there's never been a better time to get inspired by the likes of Joanna Rowsell and Chris Froome.

Here, fitness experts explain more about the health and fitness benefits of cycling...

1. It may help you to live longer

It should come as no big surprise that low levels of physical activity have been linked to a myriad of serious and life-threatening health conditions, and a cycle a day can be one of the most gentle and enjoyable ways to get moving.

"There's lots of evidence to suggest that cycling can promote long life," says Bryan McCullough, a clinical manager and physiotherapist from Pure Sports Medicine (puresportsmed.com). "For instance, a study published in the British Journal of Sports Medicine, conducted on over 80,000 British adults, found that cycling participation produced a significant reduction in causes of mortality - including cardiovascular disease, diabetes and cancer."

Another study, published in the British Medical Journal, found that commuters who cycled had a 52% lower risk of dying from heart disease, and 40% lower risk of dying from cancer than those that didn't.

2. You can lose weight

Struggling to lose those stubborn extra pounds? It might be time to pocket the car keys and invest in a bike. "Cycling is a great way to shed the calories, build muscles in the lower body and gradually improve cardiovascular fitness at a sustainable pace," says Louise Williams, cycling expert at Halfords (halfords.com).

Cycling also packs on lean muscle - particularly in the legs. When your foot hits the downstroke, you use a fiery combination of the glutes in the buttocks, the quadriceps



Commuters who cycle have a lower risk of heart disease than those who don't

in the thighs, and the gastrocnemius and soleus muscles in the calves to propel you forward. As you backstroke the wheel back into position, the body then relies on the hamstrings in the back of the thighs and the flexor muscles in the front of the hips to keep you in motion, creating a total lower-body workout.

"Perhaps best of all, it's very low-impact," says Williams, "which means it's much easier on the knees than running. You can get all of the benefits of a challenging workout without straining your joints."

3. You'll sleep better

We all know there's nothing worse than staring at the ceiling in the early hours of the morning, willing sleep to come. So next time insomnia strikes, think about cycling your commute home instead. "Cycling can be tiring work and it has been shown to have a significant positive effect on those who suffer with sleep issues," says McCullough. "Just as little as 20-30 minutes of

cycling on alternate days is enough to have a significant impact on sleep quality."

Getting enough sleep is vital for overall health, and plays a role in improving your mood and balancing your hormone levels, while ongoing sleep deficiency is linked to an increased risk of conditions including heart disease, kidney disease, high blood pressure, diabetes and stroke.

4. It can boost your mood

If you're looking for a way to lift your spirits, cycling could be just the tonic. "It's basically an alternative way to achieve what is known as 'runner's high'," says McCullough. "The euphoria you feel after a rigorous cycle is all down to the exercise-induced release of endorphins within your body, which are not only potent pain relievers, but also help to boost your mood."

Cycling is also an effective way to shake off stress; exercising burns off the excess adrenaline you've built up during the day's challenges, while slowing down the produc-



Cycling is an effective way to shake off stress and having company can make for a more interesting ride

tion of the stress hormone cortisol.

5. Better heart health

Cycling is a cardiovascular activity, making it a thorough workout for the heart. Like any form of aerobic exercise, it also increases the presence of good cholesterol in the body, whose job is to transport fat away from arteries.

In fact, The British Medical Association found that cycling just 20 miles a week can slash your risk of coronary heart disease in half, when compared with staying sedentary.

To add to its merit, cycling is also one of the most enjoyable forms of exercise you can find. "As with most things, long bike rides are best done with friends," says Williams. "So if you're looking to build your physical fitness, why not take on a big cycling challenge? Not only does some company make for a more interesting ride, but you'll all share the effort, help keep each other motivated and have fun along the way."

Best apps for helping you get a good night's sleep

THAT dodgy car alarm blaring at 3am. The neighbour's dog barking. The dental appointment you just remembered you were supposed to book...

There are plenty of legitimate reasons why so many of us don't manage to clock up the optimal nightly eight hours of sleep that experts recommend - so if you're yawning as you read this, you're probably not alone. According to a survey, an astonishing 38 per cent of UK adults are not getting enough sleep.

There's no denying that getting plenty of rest is an essential part of a healthy and happy lifestyle: A great night's sleep aids brain function, helps balance hormones and blood sugar levels, safeguards against mood swings and repair blood vessels. While your smartphone might be one of the things preventing you drifting off into blissful deep slumber every night, it could also be part of the solution - as there are now a number of apps designed to help you fall asleep faster and easier. Here is our pick of the best apps to help you sleep...

1. Pzizz (pzizz.com)

This clever app creates personalised soundscapes to help you relax and drift off to sleep peacefully - think of it like the sleep DJ you never knew you needed. Simply plug in the amount of time you'd like to snooze for, and the app will adjust a timed mix to lull you into a deep slumber and gently rouse you when it's time to wake up. If you struggle to focus at work in the daytime too, there's also music designed to help you to work faster and more effectively.

2. Headspace (headspace.com)

This comprehensive meditation app has hundreds of different guided and unguided meditations to help you to switch off. Using helpful animations and soothing instructions from British co-founder Andy Puddicombe, the app's free 10-day trial talks you through 10 easy exercises that promote the calm and relaxation needed to fall asleep peacefully. If you find Headspace agrees with you, a subscription (starting from £5.99 a month) will unlock 550 more hours of voice-led meditations, with plenty that focus specifically on sleep.

3. Twilight (twilight.urbandroid.org)

Studies have shown that the blue light emitted from your device screens (smartphones included) can cause the body to suppress melatonin - a chemical which plays a key role in controlling our body clock and helps us to feel sleepy at night. Apple phones now come with a Night Shift setting that warms your screen with orange light once evening falls,

but many Android phones don't yet have this capability. That's where Twilight comes in; it controls the light on your Android phone, depending on the time of day, making sure you're not staring at a blue light just before it's time to go to bed.

4. Sleep Cycle (sleepcycle.com)

Don't identify as a morning person? This intelligent alarm clock analyses your sleep patterns so it can wake you up during the lightest sleep phase, which is the natural waking point. Simply place your phone by your bed and Sleep Cycle will do the rest - monitoring your bedtime movements to track your sleep patterns. In the morning, you'll get a full report of how well you slept, with handy graphs illustrating how alcohol and other lifestyle factors can affect your slumber.

5. Power Nap App (visualhype.net)

Napping is a tricky thing to get right: Sleep too much and you'll risk feeling even worse than you did before you bedded down. VisualHype's Power Nap App comes set with a nap timer that only goes up to half an hour long (experts say that any longer than 30 minutes will leave you feeling groggy and unbalanced), and includes built-in soothing audio tracks to help you nap more effectively.

6. White Noise Lite (tmsoft.com)

If you live in a busy urban area, sound pollution can be a major contributor to insomnia - and sometimes all you need to drift off peacefully is to cut out the background noise. Next time your neighbours are having a house party, try putting in your headphones and listening to white noise, a type of deeply relaxing sound that is produced by combining audio of all different frequencies together (babies love it!). This app has plenty of natural and man-made sounds to help zen out to.



CAROLE KING'S BEAUTIFUL STORY

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Goin' Wild for the Carole King story

Long before she was a chart-topping music legend, Carole King was an ordinary girl with an extraordinary talent. *Beautiful*, which features at Wolverhampton's Grand Theatre from Tuesday to June 16, tells the inspiring true story of Carole's remarkable rise to stardom.

It shows her journey from being part of a hit song-writing team with her husband Gerry Goffin, to her relationship with fellow writers and best friends Cynthia Weil and Barry Mann, to becoming one of the most successful solo acts in popular music history.

Along the way she wrote the soundtrack to a generation, including one of the best-selling albums of all time, *Tapestry*, and countless classics such as (You Make Me Feel Like) A Natural Woman, Take Good Care of My Baby, You've Got a Friend, So Far Away, It Might as Well Rain Until September, Up on the Roof, and The Locomotion.

Beautiful – The Carole King Musical will roll into Wolverhampton's Grand Theatre this week and we caught up with leading lady Bronté Barbé to find out what it's like to play the star.

What are you most enjoying about playing Carole King in the UK tour of *Beautiful: The Carole King Musical*?

The songs! The music is amazing; it's just the best. I haven't played a part like this in my career so far. I also love how everyone in the company on tour with us is so nice; it's a big family feel, which is lovely.

Have you always wanted to be on stage and had the performing bug?

Yes absolutely I have. My mum's always performed – she's done a lot of amateur dramatics and my auntie is a singer so it was always in the family. I first started dancing when I was three in baby ballet, and I took dance lessons for years and years but I didn't actually want to be a dancer. In fact I was always singing, and I think my mum told me that I would be in the park and singing *The Little Mermaid* to other kids on the swings! I also used to sing *Titanic* down the phone to my grandma and she used to cry, all that sort of thing! So yes, I've always wanted to perform really. I started doing drama at a young age and doing shows with my mum where I would play the child and things like that. There's nothing else I've wanted to do really, I've been so firm and set on it. The first time I was on stage was when I played the littlest angel in the *Nativity* play at primary school, and I've loved it ever since.

Were you familiar with Carole King's work prior to joining the show?

Yeah I was. I've had *Tapestry* for years actually. When I first got a record player I bought it because my Mum said, 'you have to get this album it's amazing', but I didn't realise until listening to it just how many songs that I already knew were actually written by Carole King. Then I saw the show in the West End and realised there are loads and loads of songs I was pleasantly surprised to know, but had no idea were written by her. So many of her songs have filtered into my head without me knowing through the TV or radio.

Was there something in particular that drew you to the role of Carole King, or do you identify with her at all?

Totally, she is so determined, particularly as a woman starting out in the time she did, working in the industry she did. She knew what she wanted, so worked hard and went out and got

Beautiful music – Bronté Barbé stars as Carole King



it, which makes her very inspirational. However, she is also a very relatable character I think.

What is life on the road like? Is there one thing you absolutely couldn't be without?

My favourite thing in the world is Lush so every town or city we visit I find a Lush because it makes me feel very calm. Most of the time I try and tour with my little dog so that helps. Lots of little things like putting pictures up in my dressing room and having a certain type of tea before the show help me to feel calm and ready to perform. We aren't in each venue for long but it's nice to feel a little bit settled.

Do you have any particular rituals for pre or post-show?

I just drink tons and tons of water. I always have an interval orange as well like a football match. I always have one, as it's so good for energy and no matter how I'm feeling I just feel great after an interval orange, it's very helpful.

Do you have a dream role that you'd love to take on?

This is absolutely a dream role, being able to play Carole King every

She worked hard and went out and got it, which makes her inspirational

night and sing her songs. I would also quite like to be in a period drama. I love to play inspiring women and there aren't that many fully female-led shows out there so playing Carole King is wonderful.

Carole King is an icon of the singer songwriter world and an idol to many. Do you have any idols that you look up to?

Oh yeah totally. I would probably say Julie Walters and Victoria Wood. My idols are lots of female comedy geniuses. However, playing Carole King every night is great, she's definitely iconic!

The tour stops in Wolverhampton, does this venue have any significance for you?

Wolverhampton is great because I can stay with family which is always lovely.

● For more entertainment news and reviews see *The Ticket* in your Express & Star every Friday.



Gary Barlow in concert



Gary is ready to shine as he gets closer to the fans

It's been 20 years since Gary Barlow last played Birmingham's Symphony Hall. Now the Take That frontman is back with two shows, on Thursday and Friday, June 14 and June 15.

The last time Barlow played a string of venues this size, which included Wolverhampton Civic Hall, the demand was so high he could have sold some venues out six times over.

The Cheshire-born singer said: "I had such a lot of fun back in 2013 when I played those smaller venues because you're so much closer to the fans. The audience always seem to love the intimacy of it all too."

Barlow found worldwide fame as a member of Take

That. Since forming in 1989 the group have won eight BRIT awards, sold more than 45 million records and over eight million concert tickets. He has also become a familiar face on TV via a stint as a judge of The X Factor and his own talent show Let It Shine.

He is one of Britain's most successful songwriters, having written 14 Number One singles as well as being a six-time recipient of an Ivor Novello Award.

In recent years, Barlow has also turned his attention to the world of theatre, composing the score for the hugely successful production Finding Neverland, working alongside screenwriter Tim Firth to write the music and lyrics for musical The Girls and also working alongside his Take That band mates to produce The Band, featuring the music of Take That.

New opportunity knocks for Crush



CLIFF Richard's hit 1963 film Summer Holiday has been turned into a feel-good musical.

It is coming on tour at Birmingham's New Alexandra Theatre from Tuesday to Saturday, June 12 to 16 featuring Ray Quinn as Don, the role originally played by Cliff in the film, who heads on a fun-packed trip in a London bus across Europe in search of a good time and a brilliant summer.

Along the way they pick up a girl singing group and a young American pop star who is on the run from her domineering mother.

The show features such vintage Cliff hits as In the Country, Summer Holiday, Bachelor Boy, Move It, Living Doll, The Young Ones and On the Beach.

Pianist turned actor Bobby Crush, pictured, the Opportunity Knocks winner recently seen in Last Laugh in Vegas, will co-star as Don's long-suffering agent Jerry. Crush says folks are in for a treat. "My friend Darren Day toured with it some years ago. This is a great show."

Crush found fame after featuring as a teenaged pianist on ITV talent show Opportunity Knocks.

"The young people that don't

remember, I tell them it was the forerunner to The X Factor. It had the same impact on a career that X Factor does and it was great for me. Opportunity Knocks got me a recording contract, a six-album deal with Phillips records, plus an agent. It was a great start.

"We only had BBC 1, 2 and ITV. That was it. It wasn't diluted like it is now with satellite stations. You could get 17 million watching a week, these days that's unheard of. I went from £12 a week as an office boy to supporting Jack Jones at the London Palladium on £150 per week. In 1972, that was a lot of money. It really changed my life."

Take a Peaky as poet comes home

Poet and Peaky Blinders actor Benjamin Zephaniah has hit the road for his first solo UK tour in eight years, including a home date at Birmingham Town Hall next Friday, June 15. The Handsworth-born writer and broadcaster published his autobiography last month, entitled The Life And Rhymes Of Benjamin Zephaniah. "They say you're supposed to mellow with age but I haven't. If anything, I just seem to be getting more militant," says Zephaniah, who is honorary patron of The Vegan Society.



Influential play is brought up to date

In a collaboration between Birmingham Repertory Theatre and Birmingham International Dance Festival 2018, 100 local performers will breathe new life into 19th century play Woyzeck, from June 15 to 23 at the Centenary Square theatre. Georg Büchner's Woyzeck has been described as one of the most influential plays ever written. In this new production directors Roxana Silbert and Rosie Kay, and writer Leo Butler, create a Woyzeck for our time. Woyzeck is the story of a young soldier who has started to hear voices in his head. Roxana Silbert, artistic director at Birmingham Rep, said: "Woyzeck is a powerful story that has been sharply brought up-to-date. It's about the impact of war on communities, the pressure on a young person trying to make ends meet and ultimately about how love can be devastatingly destroyed."

Offering a warm welcome



Managers Paul and Carol always ensure a warm welcome to customers both old and new at Blackheath's Shoulder of Mutton pub.

For all the sports fans they boast three large TV screens featuring all sports on Sky, BT and all BOX OFFICE Events not to mention AT THE RACES.

For those who like 'doing' rather than 'watching', there is the availability of the pool table and dart board.

Loyalty

The pub itself boasts a wide range of ciders, lagers, wines and spirits including four 'Real Ales' which they rotate weekly. Regulars very often enjoy ales such as Bathams, AJ Ales, Oakham, JHB, Stairway To Heaven and MA Pardoes Entire, plus many more!

The pub also run a loyalty scheme which means customers can get 10p back on their card for every pound they spend.

A pub spokesman added: "With a juke box and free WIFI to compliment the regular entertainment every Friday, customers cannot ask for much more from a local pub!"

Lots of Exciting upcoming entertainment, look out for their adverts or check out their Facebook page.

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CHOICE



Germaine Greer

Germaine Bloody Greer (BBC2, 9pm)
Profile of the writer and academic, whose 1970 book *The Female Eunuch* became an international bestseller and an important part of the feminist movement. The programme features previously unseen archive footage, while interviews with Greer reveal with typical honesty, candour and wit her thoughts on the days when the book was originally published, as well as her opinion on the MeToo movement. Camille Paglia, Zoe Heller and Rosie Boycott are among those sharing their opinions on the influence of *The Female Eunuch*.

BBC1

6.00 Breakfast. **9.00** Saturday Kitchen Live. **10.30** Trooping the Colour. **1.05** BBC News: Weather. **1.20** Trilathlon: Nottingham Mixed Relay. **2.50** Athletics: Diamond League Oslo Highlights. **3.50** Money for Nothing. (R) **4.50** Escape to the Continent. (R) **5.50** BBC News. **6.00** Regional Programme. **6.05** **Film: Maleficent.** (2014) A fairy falls in love with an ambitious human nobleman, who betrays her in pursuit of claiming the throne. She swears to get revenge on him by placing a curse on his daughter, only to find herself developing a maternal bond with the girl. Fantasy adventure based on the story of *Sleeping Beauty*, starring Angelina Jolie, Elle Fanning, Sharlto Copley and Imelda Staunton. **7.35** **Pointless Celebrities.** Alexander Armstrong and Richard Osman put an "international" spin on their unorthodox quiz show, by inviting famous faces from all over the world to team up. Seeking the least likely correct answers today are American singers Jimmy Osmond and Kym Mazelle, Irish pop duo Jedward, Singapore-born chef Nancy Lam and Australian comedian Sam Simmons, and Argentinean football coach Ossie Ardiles and Spanish sports journalist Guillem Balagué. (R) **8.25** **Casualty.** Eddie discovers that Alicia has swapped all her shifts to avoid him, while Bea receives a phone call about her dad and leaves work to pick him up from the police station. **9.15** **All Round to Mrs Brown's.** Mrs Brown's Boys creator, writer and star Brendan O'Carroll dons Agnes's famous corianders and curlers once again, throwing open the doors of the larger-than-life Irish matriarch's home to host a Saturday night chat show, filmed in front of a live studio audience. Inviting friends, family and special guests to join her in the sitting room, Mrs Brown stages mischievous stunts, and gives a few celebrity visitors a piece of her mind. **10.15** BBC News: Weather. **10.35** **Film: Thor: The Dark World.** (2013) Superhero adventure sequel, with Chris Hemsworth. **12.20** **The Button.** (R) **12.50** Weather for the Week Ahead. **12.55** BBC News.

BBC2

6.25 David Attenborough's Natural Curiosities. (R) **6.50** Naomi's Nightmares of Nature. **7.20** The Pets Factor. **7.40** The Dengies. **8.10** Absolute Genius Super Tech with Dick & Dom. **8.40** Beyond Bionic. **9.10** Natural Born Winners. (R) **10.10** Astronauts: Do You Have What It Takes? (R) **11.10** Homes Under the Hammer. (R) **12.10** The World Cup: Heroes of '66. **12.45** Wanted Down Under. (R) **1.30** The World According to Kids. (R) **2.30** Second Chance Summer: Tuscany. (R) **3.30** Demolition: The Wrecking Crew. (R) **4.30** Love in the Countryside. **4.53** The River Wye with Will Millard. **6.00** **Grammar Schools: Who Will Get In?** Townley Grammar in Bexley, south-east London, is judged to be one of the best schools in the UK, while two miles down the road Erith School, a secondary modern, is striving to pick itself up after an Ofsted report that judged the school to require improvement. Erith's mixed-ability students include some with learning difficulties and others who resent authority. At Townley Grammar, there are far fewer such problems, and the school employs three full-time staff to help students cope with the pressure they put themselves under to keep up with their high-achieving peers. (R) **7.00** **Dad's Army.** The platoon is selected to appear in an army training film, but Captain Mainwaring refuses to take part when he finds out his men are to play Nazi soldiers. (R) **7.30** **Trooping the Colour Highlights.** The best of the annual pageant, which officially marks the birthday of HM Queen Elizabeth II, performed by the 1st Battalion Coldstream Guards on Horse Guards Parade. Huw Edwards introduces the highlights, with reports from JJ Chalmers. **9.00** **Germaine Bloody Greer.** Profile of the writer and academic, whose 1970 book *The Female Eunuch* became an international bestseller and an important part of the feminist movement. **10.00** **Girl's Guide to TV.** **10.45** **Later Weekend with Jools Holland.** Extended version of the music programme. **11.45** **Film: Made in Dagenham.** (2010) Fact-based comedy drama, starring Sally Hawkins. **1.30** This is BBC Two. **5.55** Glorious Gardens from Above. (R)

ITV

6.00 CITV: Sooty. **6.10** Grizzly Tales for Gruesome Kids. (R) **6.20** Grizzly Tales for Gruesome Kids. (R) **6.30** Signed Stories: Share a Story. (R) **6.35** Dino Dan: Trek's Adventures. (R) **6.55** The Oddbods Show. (R) **7.05** Star Wars: Freemaker Adventures. (R) **7.30** Teen Titans Go! (R) **7.40** Adventure Time. (R) **7.55** Drop Dead Weird. **8.25** ITV News. **8.30** Zoe Ball on Saturday. **9.25** James Martin's Saturday Morning. **12.15** Who's Doing the Dishes? (R) **12.15** The Best of the Voice Worldwide. **1.15** ITV News: Weather. **1.30** Live French Open Tennis. The women's singles final at Roland Garros. **5.00** The Chase. (R) **6.00** ITV News: Weather. **6.15** Regional Programme: Weather. **6.30** **Ninja Warrior UK.** Ben Shephard, Rochelle Humes and Chris Kamara present the final of the obstacle-course challenge. Competitors from across the nation test their strength, speed and courage, with those who make it to the end of the adrenaline-fuelled mission face one final task – scaling the heights of a tower named Mount Midoriyama – as they battle it out for the title of Ninja Warrior UK. Last in the series. **7.30** **Harry Hill's Alien Fun Capsule.** An unseen edition featuring the host's favourite moments from series two that did not make the final cut. Featuring Johnny Vegas, Jimmy Osmond and Annika Rice. Last in the series. **8.00** **Take Me Out: Over 50s Special.** Paddy McGuinness hosts a special episode featuring women over 50, with a retired policeman, a hotelier and a dance teacher taking their turn in the love lift. **9.00** **Film: The Hangover.** (2009) Three men on a stag weekend in Las Vegas wake up after a night of heavy drinking and find they have not only misplaced the groom, but somehow gained a tiger and a baby. Unable to remember the details of the night before, they set about piecing the clues together in the hope of finding their missing friend. Comedy, starring Bradley Cooper. **10.55** ITV News: Weather. **11.15** Play to the Whistle. (R) **12.15** Jackpot247. **3.00** Mr Selfridge. (R) **3.50** ITV Nightscreen.

CHANNEL 4

6.15 Motor Sport: Mini Challenge. **6.45** Volkswagen Racing Cup. **7.10** Marathon: Swansea Half. **7.40** Everybody Loves Raymond. (R) **8.05** Everybody Loves Raymond. (R) **8.35** Frasier. (R) **9.10** Frasier. (R) **9.40** The Big Bang Theory. (R) **10.05** The Big Bang Theory. (R) **10.35** The Simpsons. (R) **11.05** The Simpsons. (R) **11.40** Come Dine with Me. (R) **12.40** Four in a Bed. (R) **1.15** Four in a Bed. (R) **1.45** Four in a Bed. (R) **2.20** Four in a Bed. (R) **2.50** Four in a Bed. (R) **3.20** A Place in the Sun: Winter Sun. (R) **3.50** A Place in the Sun: Winter Sun. (R) **4.50** Kirstie and Phil's Love It or List It. (R) **5.50** Channel 4 News. **6.15** **Grand Designs.** Following the work of Ed and Rowena Waghorn as they continue to build a handcrafted, five-bedroom house on an eight acre smallholding in Herefordshire, 10 years in the making. Progress on the build was slow as Ed decided to do most of the work himself, and after four years the house is still a shell. Now, years later, is it possible this house may finally become a medieval masterpiece? (R) **7.10** **The World's Wildest Weather.** Footage shot by members of the public of unusual and dangerous weather from around the world, including Alpine avalanches and cyclones in the South Pacific. The programme features first-hand accounts of the events featured and scientific analysis of the footage and how the strange weather conditions came about. (R) **8.10** **Live International Rugby Union.** Argentina v Wales (Kick-off 8.40pm). Lee McKenzie presents coverage of the first of two Tests, which takes place at the Estadio San Juan del Bicentenario. Wales have won five of the last six meetings between the nations, but all of those matches were in Cardiff, and Argentina won both contests when the Welsh last visited South America in 2006. With commentary by Eddie Butler and Martyn Williams, and analysis from Ugo Monye, Shane Williams and Thinus Delpoit. **10.55** **Formula 1: Canadian Grand Prix Qualifying Highlights.** **12.25** **Film: The Watch.** (2012) **2.10** Hollyoaks. (R) **4.20** My Kitchen Rules. (R) **5.15** Kirstie's Handmade Treasures. (R) **5.20** Fifteen to One. (R)

CHANNEL 5

6.00 Milkshake! **10.10** Teenage Mutant Ninja Turtles. (R) **10.45** The Gadget Show. (R) **11.30** Police Interceptors. (R) **12.25** Police Interceptors. (R) **1.25** Police Interceptors. (R) **2.25** Nightmare Tenants, Slum Landlords. (R) **3.20** Nightmare Tenants, Slum Landlords. (R) **4.15** Rich House, Poor House: The Big Surprise. (R) **5.15** Can't Pay? We'll Take It Away! (R) **6.10** **Can't Pay? We'll Take It Away!** Agents try to evict a woman who owes £5,000 in unpaid rent, and meet a man who says he cannot pay a £7,000 debt, despite having a garage full of expensive tools. (R) **7.00** **Building the London Underground.** The technologies that have helped make the Tube the second-biggest metro system in the world, from tunnel-boring methods to building vast subterranean stations. (R) **7.55** **5 News Weekend.** **8.00** **Secrets of the Valley of the Kings.** An exploration of the Valley of the Kings, the royal necropolis of the pharaohs and the world's most famous royal burial ground. Egyptologists investigate what drove Egypt's greatest pharaohs to seek out this secluded valley to hide their remains, how ancient craftsmen managed to achieve such feats of engineering and keep pace with the ever-shifting designs, and why was the sacred site was finally abandoned. Narrated by Mark Halliley. (R) **9.00** **Secrets of Tutankhamun's Treasures.** Items found in Tutankhamun's tomb that paint a picture of his family, including mummified babies – the offspring of an incestuous relationship with his sister. **10.00** **Alexander the Great's Lost Tomb.** The search for the lost tomb of Alexander the Great, the Macedonian warlord, which has eluded experts for nearly 2,000 years. Archaeologist Dr Nick Saunders follows the clues. **11.05** **The Ten Plagues of Egypt: Ancient Mysteries.** How ash from a volcanic eruption may have triggered a deadly domino effect, turning the Nile red and making its waters toxic and explaining the biblical tale of the 10 plagues. (R) **12.15** SuperCasino. **3.10** The Yorkshire Vet. (R) **4.00** Secrets of the Chocolate Factory: Inside Cadbury. (R)

DIGITAL

BBC Four
7.00 The Burrowers: Animals Underground **8.00** Patalogia: The Secret Paradise **9.00** Hidden **10.00** The League of Gentlemen **11.00** Top of the Pops: 1985 **12.00** Big in America: Earth's Hits in the USA **1.00** Patalogia: Earth's Secret Paradise **2.00** I Was There: Kate Adie on Tiananmen Square **3.00** How to Get Ahead: At Versailles **4.00** Close **ITV2**
12.05 Celebrity Catchphrase **1.05** Funniest Ever You've Been Framed! Gold **2.10** **Film:** Spy Kids 2: Island of Lost Dreams (2002) **3.10** FYI Daily **3.15** **Film:** Spy Kids 2: Island of Lost Dreams (2002) **4.20** **Film:** The Smurfs (2011) **5.20** FYI Daily **5.25** **Film:** The Smurfs (2011) **6.25** **Film:** Battleship (2012) **7.25** FYI Daily **7.30** **Film:** Battleship (2012) **9.00** Love Island: The Weekly Hot List **10.05** Celebrity Juice **10.50** Family Guy **12.15** American Dad! **1.10** Celebrity Juice: Just the Tip **2.10** Totally Bonkers Guinness World Records **2.45** Teleshopping **5.45** **ITV2** Nightscreen **ITV3**
1.05 A Touch of Frost **3.00** **Film:** Columbo Undercover (1994) **5.00** Agatha Christie's Poirot **7.00** Lewis **9.00** Endeavour **11.00** A Touch of Frost **1.05** On the Buses **2.05** **ITV3** Nightscreen **2.30** Teleshopping **ITV4**
11.30 Football's Foreign Legion **12.30** Storage Wars: Texas **1.30** **ITV** Racing Live from Haydock. Coverage from Haydock Park, Musselburgh and Newmarket. **4.20** Storage Wars **4.50** Live French Open Tennis. The men's doubles final at Roland Garros. **7.00** Isle of Man TT **10.00** Cycling: Critérium du Dauphiné Highlights **11.00** **Film:** The Departed (2006) **12.05** FYI Daily **12.10** **Film:** The Departed (2006) **2.00** Minder **3.00** Teleshopping **E4**
11.30 Rude(ish) Tube Shorts **11.45** The Goldbergs **1.45** Brooklyn Nine-Nine **2.15** Young Sheldon **2.40** The Big Bang Theory **7.15** **Film:** The Hunger Games (2012) **10.00** **Film:** I, Frankenstein (2014) **11.50** Gogglebox **2.00** Tattoo Fixers **3.00** Rude Tube **4.20** Rude(ish) Tube **4.45** How I Met Your Mother **Film4**
11.00 Fletch (1985) **1.00** The Rewrite (2014) **3.10** Hotel for Dogs (2009) **5.10** Carry On Jack (1963) **6.10** Last Vegas (2013) **9.00** The Monuments Men (2014) **11.20** An American Werewolf in London (1981) **1.15** Boy (2010) **3.05** Close

COMMERCIAL FEATURE

'Eat More to Weigh Less'

say 'Halesowen team of slimming world consultants

A slimming expert says there's no need for anyone in Halesowen looking to lose weight to go hungry, after new research found that filling up on low energy dense foods is more likely to lead to weight loss success than counting calories and cutting portion sizes
The local slimming world team of consultants all agree that the key for anyone wanting to shed the pounds ahead of summer is to eat more – not less.
The Solutions for Weight through Psychology, Satiation and Satiety study*, led by the University of Leeds and published in the Journal of Nutrition, compared women following Slimming World's Food Optimising eating plan, to another group of women following the NHS Choices programme, which is centred around calorie counting. Unlike a calorie-controlled diet, the Food Optimising plan encourages slimmers to fill up on low energy dense foods (foods that contain fewer calories per gram) including normal everyday foods like fruit and vegetables, lean meat, fish, pasta, rice and eggs freely to satisfy their appetite.
'I tried so many fads..'
All participants attended four laboratory test days at the University of Leeds' Human Appetite Research Unit, eating low energy dense meals for two days and high energy dense meals for the remaining tests to allow researchers to assess their impact on appetite and calorie intake. Both groups found that eating lower energy dense foods left participants feeling less hungry and more full despite consuming fewer calories with larger amounts of foods.

choosing meals lower in energy density...

...means you can enjoy more!

University of Leeds and Slimming World (2016) study data. Calorie intake lower energy dense meals: 1130kcal. Calorie intake higher energy dense meals: 1130kcal.

Slimming World
teaching healthy, changing lives

The two groups were also monitored over a time period of 14 weeks to explore the longer-term effects. Slimmer's following a plan based around low energy dense foods for this time period – as well as attending a weekly Slimming World group where they weighed in and received support – also reported increased feelings of control around their food choices and a greater confidence in their ability to stick to their weight-loss plan, as well as losing significantly more weight than calorie-counting counterparts – 6.2% body

weight compared to 3.8%.
The research comes as no surprise to the Halesowen consultants, who support around eight hundred to lose weight each week at the in the area at Slimming World groups. We often hear from members "I tried so many fads when I decided I wanted to lose weight – skipping meals, food replacement shakes, even the 'cabbage soup' diet [and going hungry... you name it, they... did it! I was just desperate to get quick results. Yes, I lost weight at first, but I only put it all back on again

because I felt too restricted and deprived. I felt so ashamed at 'failing' too. You can't keep that up for long at all.
"When I joined Slimming World everything changed. From the very first week I learned that actually, you can feel full and lose weight enjoying all your favourite dishes, just by making small changes to the way you shop, cook and eat. I eat more than I ever did before, I just eat smarter – filling up on lean meat, vegetables, fruit, potatoes, rice and fat-free diary before anything else. I make healthy,

homemade meals from scratch that the whole family can enjoy. My family can't get enough of all the fabulous fakeaway meals and lots of family favorites like spag bol for example, and I can still enjoy a regular glass of wine or small bar of chocolate too."That's why this new research really doesn't surprise me. My members know they don't have to weigh, count or measure everything they eat to lose weight. They don't have to give anything up and they don't have to ever go hungry thanks to Slimming World's Free Food. It's a lifestyle not a quick fix, and something that can be kept up forever.
Sue who is a target member that regularly attends group often tells new members.. : "If I'm honest I was a little sceptical before I joined Slimming World – it sounded too good to be true. I always thought the only way to lose weight was to simply eat less or count everything that I ate and drank. I soon learned that wasn't the case – I can enjoy meals like homemade fish and chips one night, curry another, roast dinners, 'Fakeaways' – the list is endless! I've stopped counting, weighing and measuring everything and I've made small changes – like using lean meat, low-calorie cooking spray and adding plenty of fresh vegetables to fill my plate."
"Another huge difference for me has been the group support. I've made a whole new bunch of friends and I look forward to sharing my success with them each week, as well as talking through challenges on the more difficult weeks. We always swap great tips and motivation as well as recipes. We're like one big family. Now I'm slimmer I feel so much more happy and confident – and I've got so much more energy too! I've actually started being more active and I can't get enough".
If you'd like to lose weight without going hungry too at any local Slimming World group contact one of the team on our advert on page ?? or pop along to one of our warm and friendly groups..
For further information please contact **michaela on: 07901583236 or email: jonmucklow@msn.com. https://www.slimmingworld.co.uk/press/eat-more-not-less/**

CHOICE



Eleanor Tomlinson & Josh Whitehouse

Poldark (BBC1, 9pm)
New series. The period drama returns for a fourth series, which sees the country plunged into uncertainty when the prime minister calls an election. George Warleggan's reign as member for Truro has had a devastating impact on the city, and Hugh is determined to displace him. Rioting erupts on the streets, which results in Zacky's son and the Carnes brothers being accused of murder, while Ross is helpless to intervene. The Enyses consider having a child, and Demelza seeks to reconcile two rival local lords. Period drama, starring Aidan Turner, Eleanor Tomlinson, Christian Brassington, Ellise Chappell, Beatie Edney, Jack Farthing, Luke Norris, Heida Reed and Harry Richardson.

BBC1

6.00 Breakfast. **9.00** The Andrew Marr Show. **10.00** The Big Questions. **11.00** Regional Programme. **12.15** BBC News; Weather. **12.30** Bargain Hunt. (R) **1.00** Points of View. **1.15** Lifetime. **1.25** Songs of Praise. **2.00** Britain Celebrates Live: 100 Years of Women's Votes. **4.00** Who Do You Think You Are? (R) **5.00** Britain's Best Home Cook. (R)
6.00 **Wallace & Gromit: A Close Shave.** Nick Park's animated characters embark on their third adventure, which sees Wallace fall in love and Gromit framed for sheep rustling. With the voices of Peter Sallis and Anne Reid. (R)
6.30 **BBC News.**
6.45 **Regional Programme.**
7.00 **Countryfile.** The last of three royal specials from the Sandringham estate, where the first ever Christmas broadcast was recorded. Matt Baker meets the head gardener to discover how the trees are shaped to look their best in winter, Adam Henson delves into the history of blackcurrant harvesting, and Ellie Harrison joins the head gamekeeper in a tour of the estate's various wildlife habitats.
8.00 **Antiques Roadshow.** Fiona Bruce presents a special episode from the Houses of Parliament celebrating the 100th anniversary of women winning the right to vote, examining artefacts connected to remarkable women throughout British history, including leading suffragist Millicent Fawcett, photographer Christina Broom, secret agent Violette Szabo, gymnast Florence Atwood and polar explorers Ann Daniels and Caroline Hamilton.
9.00 **Poldark.** New series. The country is plunged into uncertainty during an election, and a riot erupts in Truro – leaving Zacky's son accused of murder, while Ross is helpless to intervene.
10.00 **BBC News.**
10.20 **Regional Programme.**
10.30 **Our Friend Victoria.** (R)
11.00 **Suffragettes with Lucy Worsley.** The historian examines the battle that women had to wage for the right to vote, following the stories of young working class suffragettes who rebelled against Edwardian society. (R)
12.30 Weather for the Week Ahead.
12.35 BBC News.

BBC2

6.40 Gardeners' World. (R) **7.40** Countryfile. (R) **8.35** The Beechgrove Garden. **9.05** Saturday Kitchen Best Bites. **9.35** Spring Kitchen with Tom Kerridge. (R) **11.20** Harry Bikers' Best of British. (R) **12.20** The World Cup: Hopes of a Nation. **1.00** Triathlon: World Series – Leeds. The ITU World Series meeting from Leeds.
6.00 **Dragons' Den.** Jenny Campbell, Peter Jones, Tej Lalvani, Deborah Meaden and Touker Suleyman assess the profit-making potential of more business plans, including a range of story books intended to help children learn other languages, skin care products made out of hemp, and a solution to pain caused by halter neck straps. (R)
7.00 **Million Pound Menu.** Fred Sirieix presents the fine dining challenge which follows people who work in the food business as they seek major investment to launch their own restaurants. (R)
8.00 **Journey in the Danger Zone: Iraq.** Part two of two. Adnan Sarwar joins a party of pilgrims on a journey to the Holy Shrines of Kerbala, and visits one of several visitor cities built to house the thousands who come to the sacred site each year. He then moves on to Fallujah, where he visits a school for children with hearing and speech disabilities, and goes behind the scenes on a controversial TV show in which prisoners are made to apologise for their crimes on air.
9.00 **Frankie Goes to Russia.** Part two of two.
10.00 **Atlanta.** Paper Boi becomes the hip hop world's poster-child for toxic masculinity and transphobia after he makes some offensive Tweets about Caitlyn Jenner, and ends up on a talk show.
10.20 **Atlanta.** Paper Boi secures a gig playing a club, but neither he nor Earn are keen on the prospect, especially when they fall foul of a ruthless promoter unwilling to pay his dues.
10.50 **Girl's Guide to TV.** (R)
11.35 **Athletics: Diamond League Stockholm Highlights.** The Bauhaus-Galan. Action from the sixth Diamond League event of the season, which was held at Stockholm Olympic Stadium.
12.35 Sign Zone: Question Time. (R)
1.35 Holly City. (R)

ITV

6.00 CITV: Sooty. **6.10** Grizzly Tales for Gruesome Kids. (R) **6.20** Grizzly Tales for Gruesome Kids. (R) **6.30** Signed Stories: Share a Story. (R) **6.35** Dino Diana. (R) **6.55** The Oddbods Show. (R) **7.05** Star Wars Freemarker Adventures. (R) **7.30** The Haunted Hathaways. (R) **7.55** Drop Dead Weird. **8.25** ITV News. **8.30** Zoe Ball On Sunday. **9.25** The Queen's Coronation in Colour. (R) **10.20** How to Spend It Well: House and Garden with Phillip Schofield. (R) **11.20** The Best of the Voice Worldwide. **12.20** ITV News; Weather. **12.30** Ninja Warrior UK. (R) **1.30** Live French Open Tennis. The men's singles final at Roland Garros. **5.30** Harry Hill's Alien Fun Capsule. (R)
6.00 **ITV News; Weather.**
6.15 **Regional Programme; Weather.**
6.30 **Soccer Aid for UNICEF 2018.** England v World XI (Kick-off 8.00pm). Kirsty Gallacher and Dermot O'Leary host live coverage of the annual football match between teams of celebrities and professional athletes to raise money for children's charity Unicef. The game is played at Manchester United's Old Trafford Stadium, with England captain Robbie Williams taking on a team led by Usain Bolt. Among the players are Mo'Farrah, Gordon Ramsay, Ollie Murs, and Eric Cantona, returning to his former home turf. Featuring live music from Jessie Ware. Subsequent programmes subject to change.
10.00 **ITV News; Weather.**
10.20 **Heathrow: Britain's Busiest Airport.** The Border Force pull over a Ghanaian businessman declaring £114,000 in cash. A blind date takes place in the airport. (R)
10.50 **Football's Foreign Legion.** Forty years on from the first wave of foreign footballers, this is the story of those pioneering players and their legacy.
11.50 **Great Art.** Tim Marlow reflects on the American Impressionist movement, which was inspired by great French masters including Claude Monet. Narrated by Gillian Anderson. Last in the series. (R)
12.45 **Jackpot247.** Viewers get the chance to participate in live interactive gaming from the comfort of their sofas, with a mix of roulette-wheel spins and lively chat from the presenting team. **3.00** Motorsport UK. Action from Donington Park. (R) **3.50** ITV Nightscreen. Text-based information service.

CHANNEL 4

6.15 The King of Queens. (R) **6.40** The King of Queens. (R) **7.05** The King of Queens. (R) **7.30** Eat the Week. (R) **8.30** Frasier. (R) **9.00** Frasier. (R) **9.30** Sunday Brunch. **12.30** Bake Off: The Professionals. (R) **1.30** The Simpsons. (R) **2.00** The Simpsons. (R) **2.30** Film: Volcano. (1997) Disaster thriller, starring Tommy Lee Jones. **4.35** Location, Location, Location. (R) **5.35** Bang on Budget.
6.30 **Channel 4 News.**
7.00 **Escape to the Chateau.** Dick and Angel look ahead to wedding season, with eight couples booking the chateau for their big day. Dick also converts a stone barn into a flat for Angel's parents, getting rid of 150 years' worth of rubbish in the process, but tensions rise between the couple when he gets carried away with the trees at the front of the property. Last in the series. (R)
8.00 **Bake Off: The Professionals.** Liam Charles and Tom Allen put the remaining teams to the test with a secret recipe challenge, then gives them a chance to impress judges Cherish Finden and Benoit Blin with their showmanship by making a chocolate showpiece inspired by the theme of the four seasons.
9.00 **The Handmaid's Tale.** A baby shower provokes a troubling shift in Offred's relationship with Serena Joy, and prompts her to reckon with the choice she made that led her to become a Handmaid.
10.10 **8 Out of 10 Cats.** Aisling Bea is joined by Joel Dommett and James Acaster, while Rob Beckett teams up with Joe Swash and Roisin Conaty to discuss memorable moments from school. Jimmy Carr hosts. (R)
10.40 **Formula 1: Canadian Grand Prix Highlights.** Action from the seventh round of the season at Circuit Gilles Villeneuve in Montreal. Lewis Hamilton was looking for a fourth successive victory in this race and seventh overall.
12.40 **Film: The Man with the Iron Fists.** (2012) Martial arts adventure, starring RZA. **2.15** Obsessive Compulsive Cleaners. (R) **3.10** Building the Dream. (R) **4.05** My Kitchen Rules. (R) **5.00** Kirstie's Vintage Gems. (R) **5.05** Cheap Cheap Cheap. (R)

CHANNEL 5

6.00 Milkshake!: Little Princess. **6.10** Wissper. (R) **6.20** Poppy Cat. (R) **6.30** Milkshake! Monkey. (R) **6.35** The Secret Life of Puppies. (R) **6.40** Mo'ly. (R) **6.45** Simon. (R) **6.50** Only the Little White Van. (R) **7.00** Peppa Pig. (R) **7.05** Paw Patrol. (R) **7.15** Thomas & Friends. (R) **7.35** Fireman Sam. (R) **7.50** Rusty Rivets. (R) **8.05** Paw Patrol. (R) **8.20** Nella the Princess Knight. (R) **8.35** Noddy: Toyland Detective. (R) **8.55** Floogals. (R) **9.05** Ben and Holly's Little Kingdom. (R) **9.20** Shimmer and Shine. (R) **9.40** Digby Dragon. (R) **9.55** Peppa Pig. (R) **10.00** Peppa Pig. (R) **10.10** Teenage Mutant Ninja Turtles. (R) **10.45** Pets Make You Laugh Out Loud 2. (R) **11.10** Police Interceptors. (R) **12.05** Police Interceptors. (R) **1.05** Police Interceptors. (R) **2.05** Film: Holes. (2003) Family adventure, starring Shia LaBeouf. **3.05** Access. **3.10** Film: Holes. (2003) Concluded. **4.30** FIA Formula E Live. The Zurich ePrix.
6.15 **World's Scariest Animal Attacks**
2. Terrifying animal encounters caught on camera, including the moment sharks turned on a free-diving father and son, and a 500lb elephant seal that reacted violently when intimidated. (R)
7.00 **Cricket on 5.** Scotland v England.
7.55 **5 News Weekend.**
8.00 **The Yorkshire Steam Railway: All Aboard.** A look at the North Yorkshire Moors Railway, following the lives of some of the workers who keep the wheels turning and the passengers happy on one of the world's most popular steam lines. To pull in the punters in, star engine Royal Scot is hired to headline for a week and for general manager Chris it's an expensive gamble as this big and powerful engine was designed to thunder on mainline rails, while the heritage railway has much smaller platforms and bridges. Until Royal Scot arrives and goes through a gauging run on the line, they won't know if she will actually fit the railway. (R)
9.00 **The Yorkshire Steam Railway: All Aboard.** The start of the Easter timetable at the North Yorkshire Moors Railway finds marketing manager Laura devising a stunt to capitalise on the Tour de Yorkshire cycling race. (R)
10.00 **Top of the Box 1978 with Matthew Kelly.** Last in the series.
12.05 The Best of Bad TV: The 70s. (R) **1.55** SuperCasino.

DIGITAL

BBC Four
7.00 Locomotion: Dan Snow's History of Railways **8.00** Timeshift: The Golden Age of Coach Travel **9.00** Swallowed by the Sea – Ancient Egypt's Greatest Lost City **10.00** The Sky at Night **10.30** Horizon: Cosmic Dawn – The Real Moment of Creation **11.30** Civilisations Stories: King Coal **12.00** Ego: The Strange and Wonderful World of Self-Portraits **1.30** Locomotion: Dan Snow's History of Railways **2.30** Swallowed by the Sea – Ancient Egypt's Greatest Lost City **3.30** Close
ITV2
12.20 Take Me Out **1.35** Film: The Flintstones in Viva Rock Vegas (2000) **2.40** FYI Daily **2.45** Film: The Flintstones in Viva Rock Vegas (2000) **3.20** Film: Hotel Transylvania (2012) **4.25** FYI Daily **4.30** Film: Hotel Transylvania (2012) **5.10** Film: Despicable Me 2 (2013) **6.10** FYI Daily **6.15** Film: Despicable Me 2 (2013) **7.05** Film: Legally Blonde (2001) **8.05** FYI Daily **8.10** Film: Legally Blonde (2001) **9.00** Love Island **10.00** Love Island: Aftertun **11.05** Family Guy **12.30** American Dad! **1.25** Totally Bonkers Guinness World Records **2.25** Teleshopping **5.55** ITV2 Nightscreen
ITV3
12.55 A Touch of Frost **3.00** Agatha Christie's Poirot **5.00** Vera **9.00** Unforgotten **11.00** Wire in the Blood **1.00** Blue Murder **2.20** Liverpool 1 **3.20** Road to Avonlea **5.05** George and Mildred
ITV4
11.15 Live British Touring Car Championship. Round four from Oulton Park. **6.00** Snooker v Darts **6.10** The Chase Celebrity Special **7.15** River Monsters **8.15** Film: Jackie Chan's First Strike (1996) **9.15** FYI Daily **9.20** Film: Jackie Chan's First Strike (1996) **10.00** Cycling: Critérium du Dauphine Highlights **11.00** Film: Death Wish 2 (1981) **12.00** FYI Daily **12.05** Film: Death Wish 2 (1981) **12.50** Fifth Gear
E4
12.20 Brooklyn Nine-Nine **12.50** Young Sheldon **1.20** The Big Bang Theory **6.20** Film: Hulk (2003) **9.00** Marvel's Agents of SHIELD **10.00** Gogglebox **11.00** Gogglebox Australia **12.05** The Big Bang Theory
Film4
11.00 The Ladykillers (1955) **1.00** Rugrats Go Wild (2003) **2.40** Dr Seuss' The Lorax (2012) **4.20** The Longest Day (2015) **6.50** Crocodile Dundee II (1988) **9.00** The Bourne Legacy (2012) **11.40** Starred Up (2013) **1.50** Summer in February (2013) **4.00** Close



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Benjamin's, Banquet Suite
Birmingham Street
5.30pm & 7.30pm
Elaine 0121 550 6414
Halesbury School
Feldon Lane, Halesowen
B62 9DR
5.30pm & 7.30pm
Dawn 07859 010175
Old Hill
Holy Trinity Church,
Halesowen Rd
7pm
Sarah 07815 071982

TUESDAY
Halesbury School
Feldon Lane,
Halesowen
B62 9DR
7pm
Dawn 07859 010175
Blackheath Coronation Social Club
George Avenue
Rowley Regis,
B65 9BD
7pm
Maddie 07815 132320

WEDNESDAY
Old Hill
Lawrence Lane
Methodist Church Old Hill
B64 6DD
9.15am
Sarah 07815 071982
Old Hill
Lawrence Lane
Methodist Church Old Hill
B64 6DD
5.30pm & 7.30pm
Sarah 07815 071982
Blackheath Central Methodist Church
High Street, Blackheath
B65 0DR
NEW TIMES
9.30am & 11.30am
Anne 07815 643963

Blackheath Central Methodist Church
High St, Blackheath
B65 0DR
5pm & 7pm
Anne 07815 643963
THURSDAY
Liberal Club
Upper High St, Cradley
5pm & 7pm
Romina 07432 588596
Liberal Club
Upper High St, Cradley
9.30am & 11.30am
Romina 07432 588596
St Peters Church Hall
Hiplands Road, Halesowen
5.30pm & 7.30pm
Elaine 0121 5506414

Stag & 3 Horse Shoes
Top of Mucklow Hill
Halesowen Rd
7pm
Ellie 07970 600763
FRIDAY
Cornbow Hall
Halesowen Library
Level 2, next to Asda,
Halesowen
8am, 10am & 12pm
Michaela 07901 583236
Dudley Golf Club
Turners Hill,
Rowley Regis, B65 9DP
9.30am
Maddie 07815 132320

SATURDAY
Cornbow Hall
Halesowen Library, Level 2,
next to Asda Halesowen
9.15am
Michaela 07901 583236
Lightwoods Primary School (off Clent Rd)
Oldbury B68 9ER
10am
Maddie 07815 132320



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FILM CHOICES

MONDAY
Cry for Justice, Channel 5, 3.15pm
When her son is falsely accused of murder, Jackie fights against the odds to free him. While he languishes in prison while the prosecution seeks a life sentence, their lives are sent on differing paths of wavering faith and tentative hope. Drama, based on a true story, starring Francine Locke and Drew Matthews. (2013)

TUESDAY
The Wrong Daughter, Channel 5, 3.15pm
Couple Kate and Joe, who have longed to be parents together, are delighted when Danica, a child Kate gave up 17 years ago, comes to stay. Thriller, starring Cindy Busby, Jon Prescott and Sierra Pond. (2018)

WEDNESDAY
Strangers in Amish Country, Channel 5, 3.15pm
A military nurse returns from a tour of duty in Afghanistan to her family's farm in rural Ohio, and falls for an Amish neighbour after an intruder wreaks havoc. Romantic drama, starring Jes Macallan, Sean Faris and Kelly McGillis. (2017)



The Wolf of Wall Street, Friday, Channel 4, 11.40pm

THURSDAY
Lethal Admirer, Channel 5, 3.15pm
A woman moves across the country to rebuild her life after the tragic death of her boyfriend. She is pleasantly surprised to run into an old colleague and the two become firm friends, but things soon take a turn for the worse when he sets out to win her heart - by any means necessary. Thriller, starring Karissa Lee Staples, Drew Seeley and Brian Ames. (2018)

FRIDAY
The Wolf of Wall Street, Channel 4, 11.40pm
A New York stockbroker rises from unemployment to become one of the richest men in the city's financial elite through an illegal scheme to defraud investors. His wealth brings him an outrageously debauched lifestyle, but comes at a price as the FBI become suspicious of his manipulation of the markets. Martin Scorsese's fact-based drama, starring Leonardo DiCaprio and Matthew McConaughey. (2013)

Georgie finds herself in the firing line once again

The new series of military drama Our Girl began last week, but it seems that star Michelle Keegan is still getting over the events of the previous run.

That's when her on-screen fiancée Elvis Harte (Luke Pasquillano) was killed in an explosion, leaving her character Georgie Lane heartbroken.

Keegan says that Georgie will continue to grieve for him throughout the series: "She's had six months out for compassionate leave and is now throwing herself into work. She's definitely not over Elvis at all and you'll see throughout the episodes that his death has really affected her."

It's also been a tough time for the actress. She says: "It was really, really strange. Luke and I started on the series at the same time together and it was so odd when he left. It was like a hole and I definitely missed him."

"We literally started the next episode the day after Elvis died. Luke left on a Thursday and on a

Friday we started to film episode five. It took a long time for me to adjust as all our storylines were always based around Georgie and Elvis and the 'will they, won't they' situation."

At least the actress, who first found fame as feisty Tina on Coronation Street, can take some comfort in the fact that she wasn't the only one affected by the storyline - Our Girl fans were also devastated by Elvis's death.

She says: "I was in Malaysia at the time and it was 6am when it aired in the UK. I looked at my phone and it had gone crazy."

"What was great was that it hadn't been released that Elvis was going to get killed so it was obviously a massive shock for the audience who follow the story. I just remember that all the women's hearts on Twitter were broken that night."

However, in this second episode, Georgie may not get too much time to dwell on Elvis, as she meets undercover Special Forces

operative, Bones (Oliver Rix) - and he doesn't make the best first impression.

Keegan explains: "They get off to a rocky start as Georgie sees him in Nigeria where he throws a child out of his way. But obviously goodie two shoes Georgie won't stand for that and ends up confronting him."

She adds: "You soon see that he is the Head of Special Forces and has taken over Elvis' role but he is totally different. He's very angry all the time, very old school and isn't emotionally led, he also hasn't got a friendship with Captain James. However, you see him and 2 Section build a relationship which is really exciting."

And there's even more drama, as 2-Section try to trade the detained son of a rebel leader for an imprisoned Nigerian military medic, unaware their captors are setting a trap. It leads to a tense stand-off, but will everyone make it out alive this time, or is Keegan going to have to deal with more early morning messages from fans?



Michelle Keegan stars in Our Girl, Tuesday, BBC1, 9pm

BEST OF THE REST

MONDAY
Flowers
Channel 4, 10pm
The critically acclaimed comedy drama is back for a second series - and like the first run, it's showing across consecutive evenings, which makes it even easier to be drawn into its dark and imaginative world. For those who missed the original series, it followed depressed children's book author Maurice (Julian Barratt), his well-meaning wife Deborah (Olivia Colman) and their maladjusted adult twin children Amy (Sophia Di Martino) and Donald (Daniel Rigby). The opening double bill picks up the action a few years later, and it seems that Maurice is now doing better and Deborah has become a writer herself by penning a book about her husband's illness. But the clan still has its eccentricities - for a start, Amy has taken up with Hylda (Harriet Walter), an unconventional priest and former addict.

TUESDAY
The Martin Lewis Money Show Live
ITV, 8pm
According to a survey a few years ago, Martin Lewis was the most Googled British man. And the financial journalist's popularity and usefulness shows no signs of waning just yet as he returns for

a live summer special from Warwick Castle. The programme features money-saving tips aiming to help consumers cope with the season's current economic climate. Plus, as this is a summer special, there is bound to be tips for viewers hoping to get the most out of their Euros, Dollars and Zloty, as well as a clarification of data roaming charges, and suggestions if your flight gets delayed. As usual, Martin is keen for everyone to join in, so whether you have a query on travel insurance, car hire or currency, have your questions at the ready.

WEDNESDAY
The Fast Fix: Diabetes
ITV, 9pm
There was a time when it was thought that Type 2 diabetes was a medical life sentence, but as viewers of The One Show will have seen recently, that's not the case. In the first of a two-part strand, Anita Rani examines how people with the condition attempt to reverse it by living on a radical liquid diet. It could potentially save their lives and the NHS billions of pounds. Here cameras follow five overweight patients as they move into an experimental

diabetes reversal unit. There they live on a diet of just 800 calories a day for four weeks. They attempt to shed more than two stones, hopefully improve their lives, and no doubt offer a large dose of hope for viewers in a similar situation.

FIFA World Cup 2018 Preview

BBC1, 10.45pm
Gary Lineker is joined by Alan Shearer and Jermaine Jenas to look ahead to the tournament in Russia, assessing the chances of the leading contenders in the 21st staging of the finals. The chances of England, the only home nation to qualify this time around, are assessed, while the trio offer their thoughts on which nations have the greatest chance of glory, and which players are likely to shine. Germany were victorious four years ago in Brazil and are among the leading contenders.



The Martin Lewis Money Show Live, Tuesday, ITV, 8pm

THURSDAY
FIFA World Cup 2018
ITV, 3.45pm
Russia v Saudi Arabia (Kick-off 4.00pm). Mark Pougatch presents coverage of the Group A match, the opening game of the tournament, which takes place at Luzhniki Stadium in Moscow. This is only Russia's third appearance in a World Cup this century after failing to qualify for the tournaments in 2006 and 2010. Their last effort in 2014 saw them fail to get out of the group stage, drawing two games and losing one, but as hosts they'll be expecting to go much further this time around. This afternoon will see them face Saudi Arabia for the first time since October 1993, when they lost 4-2 in Riyadh in a friendly match. Juan Antonio Pizzi's side are playing in only their fifth World Cup and will be looking to at least match their previous best finish, which saw them reach the last 16 at the 1994 tournament in the USA.

FRIDAY
The Crystal Maze: Celebrity Special
Channel 4, 9pm
Richard Ayoade presides as Dennis Wise, Roman Kemp, Binky Felstead, Bez and Katie Price compete around the four zones, tackling various challenges to win crystals.

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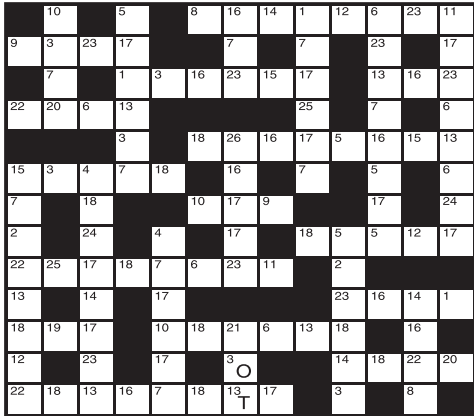
If an ad is wrong, the ASA is here to put it right.

BRAIN GYM

No.483

Codeword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off.



LAST WEEK'S SOLUTION:

| | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| E | I | P | R | F | K | N | Z | Y | M | S | O | Q |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| T | X | B | C | L | G | D | A | J | U | V | H | W |

Double Crossword

Choose either quick or cryptic clues - both fit the same grid.

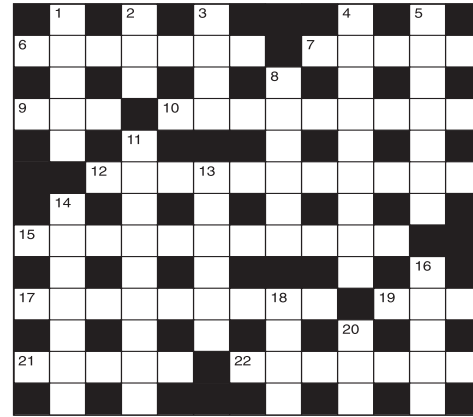
Cryptic Clues:

Across

6. Race movement begins under his orders (7)
7. Each one always yawns initially (5)
9. The last of the screen dramas (3)
10. Fruit used in mimicking on stage (9)
12. Shows off mannequin - racing type, perhaps (6,5)
15. Like a heavenly show? (4-7)
17. Cavil about being unpunctual, but waver (9)
19. Be prostrate as story? (3)
21. Started, for example, in prohibition (5)
22. Obligatory process in book production (7)

Down

1. Candidates do so before they can sit (5)
2. Vessel seen in colour, no doubt (3)
3. Retain part of the castle (4)
4. Subdue because of strength? (9)
5. He can't do without glasses (7)
8. Learner relieved - it's on hire (6)
11. Airs appraisal in estimation of value (9)
13. Plaything under which there could be a snake (6)
14. In which cooking may be done at sea? (7)
16. They have their pride, of course (5)
18. Stumble on excursion? (4)
20. Strange ring worn by theologian (3)



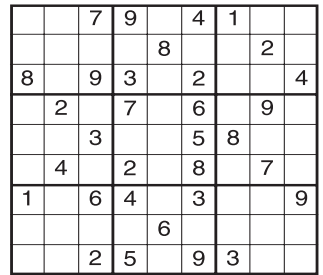
Across

6. Lawfully (7)
7. Polite (5)
9. Twisted (3)
10. Consequent (9)
12. Chance (11)
15. Despondent (11)
17. Impassiveness (9)
19. Pledge (3)
21. Brag (5)
22. Chief (7)

Down

1. Memorise (5)
2. Manner (3)
3. Merriment (4)
4. Spirit-maker (9)
5. Staleness (7)
8. Figure (6)
11. Innumerable (9)
13. Nimble (6)
14. Manage (7)
16. Ascend (5)
18. Pour (4)
20. Append (3)

Sudoku



Fill in the grid above so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9.

LAST WEEK'S SOLUTIONS >

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | 7 | 2 | 5 | 4 | 9 | 6 | 1 | 8 |
| 6 | 8 | 1 | 7 | 3 | 2 | 9 | 5 | 4 |
| 9 | 5 | 4 | 1 | 6 | 8 | 2 | 7 | 3 |
| 2 | 3 | 9 | 6 | 5 | 1 | 8 | 4 | 7 |
| 1 | 6 | 5 | 8 | 7 | 4 | 3 | 2 | 9 |
| 7 | 4 | 8 | 2 | 9 | 3 | 5 | 6 | 1 |
| 8 | 1 | 6 | 3 | 2 | 7 | 4 | 9 | 5 |
| 4 | 2 | 7 | 8 | 5 | 1 | 6 | 9 | 3 |
| 5 | 9 | 3 | 4 | 1 | 6 | 7 | 8 | 2 |

LAST WEEK'S CROSSWORD SOLUTIONS:
 CRYPTIC - Across: 7 Shooting stars; 8 Greenfly; 9 Tilt; 10 Corset; 12 Ordeal; 14 Ashore; 16 Keenly; 18 Miss; 20 Temerity; 22 Covered market. Down: 1 Cheroots; 2 Lovers; 3 Tiff; 4 Ugly look; 5 Stated; 6 Oral; 11 Twenties; 13 Aisle-tree; 15 Ousted; 17 Errors; 19 Iron; 21 Memo.
 QUICK - Across: 7 Conscientious; 8 Assessor; 9 Ormen; 10 Bitter; 12 Nature; 14 Defect; 16 Enigma; 18 Shut; 20 Friendly; 22 Uninteresting. Down: 1 Conspire; 2 Assert; 3 Wits; 4 Entrance; 5 Fit out; 6 Lure; 11 Ratified; 13 Rambling; 15 Extent; 17 Ignite; 19 Hang; 21 Idea.

Quiz

1. On which river does Ipswich lie?
2. With which art form is Pina Bausch connected?
3. Which European capital is divided by the Attila line?
4. In biology, what do two gametes merge to form?
5. What is the biggest British vessel ever lost at sea?
6. To which English king was Hans Holbein

- the Younger court painter?
7. After which battle is the East Sussex town Battle named?
8. Who played James Bond in The World Is Not Enough?
9. Of what is the morel a type?
10. Which sea lies between Italy and Greece?

Last week's solutions:

Quiz: 1 P.W. Botha; 2 Asthma; 3 Iris; 4 Grouse; 5 Irene; 6 St. Trinian's; 7 George Fox; 8 1086; 9 Unification Church; 10 Aled Jones.

Niner: MERCHANTS

Niner

Each number from 1 to 9 represents a different letter. Solve the clues and insert the letters in the appropriate squares to discover a word which uses all nine letters.

624789
47335
35319

gives a religious person,
gives a religious person,
gives a religious text.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|---|---|---|---|---|---|---|---|---|



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Tune into the eat and greet events

BOOK your tickets, slap on the sunblock and get ready to eat. If you love strolling around outside, listening to live music while tucking into artisan pizzas and scoffing huge burgers with sauce that drips down your arms, you'll certainly want to attend a few of these food festivals over the coming months.

LATITUDE, Henham Park, Suffolk, July 12-15 (latitudefestival.com)

Latitude is scrapping fast food vans in favour of proper street food, with their Street Feast this year. Tuck into pregos (Portuguese steak sandwiches) from Growlers, Argentine meats from Up In My Grill and beef short ribs from Salt Shed. Be sure to grab a seat at a live recording of BBC Radio 4's The Kitchen Cabinet with restaurant critic and MasterChef judge, Jay Rayner, too.

JIMMY'S FESTIVAL, Ipswich, July 21-22 (jimmysfestival.co.uk) Whether you're entering the festival's much-hyped sausage eating competition or not (go on, you know you want to), you can learn butchery with Jimmy Doherty's head butcher Jonny Farrell, and catch cookery demos from vegan YouTube aficionados BOSH! and grill expert, DJ BBQ.

WILDERNESS, Cornbury Park, Oxfordshire, August 2-5 (wildernessfestival.com)

It's all about banqueting in style at Wilderness Festival – especially as Yotam Ottolenghi will be in the kitchen. If you can't nab a much-coveted seat though, there's endless feasting opportunities, whether you're a carnivore (Berber & Q, Patty & Bun) or animal free (try a huge Homeslice pizza or Petersham Nurseries' seasonal vegetarian menus).

PUB IN THE PARK, Tunbridge Wells (July 6-8), Knutsford (September 7-9), (pubintheparkuk.com)

The Big Feastival is held in the Cotswolds



Chef Tom Kerridge's festival celebrating British pubs and British grub is going on tour this year. As well as live sets from Will Young and Mel C, you can check out 'gastro pub pop-up' versions of Tom's Michelin-starred restaurants, and see chefs James Martin, Jason Atherton (amongst others) and Atul Kochhar showcasing their trade.

THE BIG FEASTIVAL, The Cotswolds, August 24-26 (thebigfeestival.com)

Roll up to Blur bassist Alex James' farm for Craig David, James Arthur and Basement Jaxx, as well as

Latitude Festival combines great food and music



a serious roster of chef talent. Raymond Blanc, Marco Pierre White, Mark Hix and Gizzi Erskine will all be sharing their knowledge; there's hands-on kitchen fun for the kids, and (of course) a cheese bar – Alex is obsessed with his cheese.

The festival is perfect for families with plenty of kid-friendly entertainment and activities such as Peppa Pig and her brother George, and CBeebies stars Justin Fletcher and Andy Day.

RIVER COTTAGE FESTIVAL, Axminster, August 25-26 (rivercottage.net)

Not yet got to grips with pickling? You'll want to catch the fermentation masterclass at this year's River Cottage Festival, if you can manage to drag yourself away from the fire pit, where goat meat pioneer James Whetlor will be hosting cook outs.

ABERGAVENTNY FOOD FESTIVAL, Wales, September 15-16 (abergavennyfoodfestival.com)

Whip your tastebuds into shape with Abergavenny's expert tasting sessions, take a foraging tour (then use what you've collected) and spot chefs including Anna Jones, and Stephen Harris from the Sportsman.

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MAGAZINE



Open day will be held at extremely stylish brand new detached bungalow

An open day on a brand new bungalow in Lower Gornal is taking place this Saturday from 11am to 3pm.

People are invited to just simply turn up to the event at 21a Vale Street, Upper Gornal, Dudley.

The property is being marketed by Skitts estate agents, having an asking price of £185,000.

This new build detached bungalow is extremely stylish throughout ready and waiting to move into.

UPPER GORNAL £185,000

This impressive modern residence has been built to a particularly high standard and forms part of a three-stage development, with two further dwellings to soon be completed.

Interior viewings are highly recommended to fully appreciate this outstanding bungalow.

With gas central heating and double glazing, it has an entrance hall, a living room with patio doors leading out, stylish kitchen area off fully fitted with integrated appliances, a fashionable shower room with good size shower cubicle, off road parking with potential garage space and a pleasant rear garden with decking area and lawn area.

Contact Skitts estate agents on 01902 686868.



Lovely six-bedroomed detached in a popular spot is new to the property market

Being substantial and improved, this six-bedroomed detached residence in Cot Lane, Kingswinford, is new to the property market.

In a sought-after residential location, it is for sale through Andrew Cole Estate Agents at £595,000.

It lies in a corner position and has an imposing frontage and benefits from having a large block paved driveway.

KINGSWINFORD £595,000

This fine home has a versatile layout over three floors and is ideal for a large family or cross generational living.

It is further enhanced by a detached purpose-built annexe at the rear.

The rear garden is a courtyard

style for easy outdoor entertaining with a beautiful garden room.

The high standard of the internal fixtures throughout includes a high specification dining kitchen, a fitted cloakroom/WC, two en-suite's and house bathroom.

There is an excellent lounge, play room and study. A full and early inspection is recommended.

Contact Andrew Cole Estate Agents on 01384 288188.

Halesowen Office Lettings & Property Management



NEW

Wyton Avenue, OLDBURY £1,000 pcm+Feess
An extended 3/4 bedroom detached property, being located in a quiet cul-de-sac location. The property has been adapted and may suit a wheelchair user. It is centrally heated, double glazed, enclosed rear garden, double garage and has accommodation to comprise a reception hall, through lounge diner, fitted kitchen, ground floor bedroom/reception room with en-suite wet room, 3 bedrooms, master with en-suite and fitted wardrobes. EPC: TBC



NEW

Ormande Close, HALESOWEN £850 pcm+Feess
A superb and well presented 4 bedroom detached home on this popular estate in a very quiet cul-de-sac having gas radiator heating and double glazing. Featuring a delightful lounge, separate dining room, fitted kitchen with appliances, utility/store room, 4 good size bedrooms with master en-suite, attractive house bathroom, drive & garage, pleasant private rear garden. EPC: TBC



NEW

Hilston Avenue, HALESOWEN £750 pcm+Feess
A well presented 3 bedroom terraced home. Situated in a quiet cul de sac, close to local amenities and schools. Featuring a welcoming hallway, good size lounge, dining room, fully fitted kitchen, with 3 good size bedrooms and family bathroom with a separate shower cubicle. The property further benefits from having gas central heating, double glazing, off road parking and, rear garden with far reaching views. VIEWING RECOMMENDED. EPC: C



Clement Road, HALESOWEN/BLACKHEATH £680 pcm+Feess
Completely renovated larger than average three bedroom mid terrace property in a most convenient location close to Blackheath Town Centre and all amenities. Featuring 2 reception rooms, large fitted kitchen, downstairs bathroom with shower, 3 bedrooms private rear garden, on road parking. EPC: E



NEW

Wroxley House, HALESOWEN £625 pcm+Feess
Luxury living in Hayley Green is this superb luxury 1st floor apartment offering spacious accommodation including open plan lounge/kitchen with appliances, dining area, 2 double bedrooms, master with en-suite, a further well appointed bathroom with shower, gas central heating, double glazing and allocated parking. EPC: B



NEW

Wroxley House, HALESOWEN £625 pcm+Feess
Luxury living in Hayley Green. A superb luxury ground floor apartment offering spacious accommodation including open plan lounge/kitchen and diner with balcony, 2 double bedrooms, master with en-suite, a further well appointed bathroom with shower, gas central heating, double glazing and allocated parking. EPC: B



Richmond Street, HALESOWEN £625 pcm+Feess
A modern style mid terrace in central Halesowen close to all amenities and bus links to Birmingham City Centre. The property comprises fitted kitchen, lounge with fireplace/gas fire, patio doors leading to a small maintenance free garden, 2 double bedrooms and family bathroom with shower. The property has a driveway & also benefits from new windows and rear parking. EPC: D



NEW

Brett Young Close, HALESOWEN £600 pcm+Feess
An impressive 1st floor apartment within walking distance to Halesowen Town Centre. This modern apartment features 2 double bedrooms, master bedroom with en-suite shower room, spacious open plan lounge/kitchen, family bathroom, allocating parking. Also benefits from gas central heating and double glazing. MINIMUM 12 MONTH CONTRACT. EPC: B



NEW

Brett Young Close, HALESOWEN £595 pcm+Feess
An impressive 1st floor apartment within walking distance to Halesowen Town Centre briefly comprising of: 2 double bedrooms, spacious lounge, modern kitchen with appliances, modern bathroom with shower, allocating parking. EPC: B



Bloomfield Street North, HALESOWEN £595 pcm+Feess
A superbly well presented fully refurbished 2 bedroom terraced property in this very well sought after area having lounge, stunning fitted kitchen with a small fridge and small freezer, downstairs bathroom with shower, 2 double bedrooms, gas central heating. Must be viewed to appreciate. NO GARDEN. EPC: C



NEW

Cakemore Road, ROWLEY REGIS £595 pcm+Feess
A well presented 2 bedroom family home in this very popular location close to Rowley Regis train station & easy access to the M5. The accommodation comprises of 2 reception rooms both with fireplaces, fitted kitchen with oven/hob, downstairs bathroom with shower, 2 double bedrooms. The property further benefits from central heating, double glazing, courtyard garden & off road parking to rear. EPC: D



NEW

Aqua Court, ROWLEY REGIS £595 pcm+Feess
Beautifully presented and not to be missed. A ground floor apartment, a stones throw away from Blackheath Town Centre and featuring 2 double bedrooms, master bedroom with en-suite, open plan lounge/kitchen, house bathroom with shower, gas central heating, double glazing, allocated parking space, viewing highly recommended. EPC: B



The Heathlands, ROWLEY REGIS/BLACKHEATH £595 pcm+Feess
Modern 2 bedroom mid terrace property close to Blackheath Town Centre and not far from Rowley Regis Train Station. Featuring a spacious lounge, fitted kitchen, upstairs bathroom, a very large master bedroom and a single bedroom, small rear garden, gas central heating and double glazing, driveway parking. EPC: C



NEW

Harvington Road, HALESOWEN £575 pcm+Feess
An unfurnished 1st floor apartment close to Halesowen Town Centre. Set in a quiet block with communal gardens and parking for 1 car. Featuring 2 double bedrooms, large lounge with a bay window, bathroom with shower, kitchen with a small under counter fridge. EPC: C



NEW

Coxs Lane, CRADLEY HEATH/OLD HILL £550 pcm+Feess
An unfurnished large end terrace house ideally located for Cradley Heath shops, bus and train links. Featuring 2 reception rooms, fitted kitchen, utility room, upstairs bathroom with shower, upstairs are 2 good size bedrooms, gas central heating, rear low maintenance garden. EPC: E



NEW

Hammersley Close, HALESOWEN £550 pcm+Feess
Located in the very quiet cul-de-sac, close to local buses to Halesowen, Cradley Heath and Merry Hill, also close to Cradley Heath Train Station, is this unfurnished mid terrace house, comprising of: gas central heating, fitted kitchen, living room, 2 bedrooms, bathroom with shower, rear garden, driveway parking. EPC: C



NEW

Stour Court, HALESOWEN £550 pcm+Feess
Situated in a highly sought after location, and an opportunity not to be missed, is this stunning 1st floor apartment featuring a light and spacious lounge, beautifully fitted kitchen, 2 large bedrooms, gas central heating, double glazed, allocated parking. EPC: C



NEW

Wordsley Court, WORDSLEY £525 pcm+Feess
1st floor fully refurbished large apartment within walking distance of Wordsley Green & King George V park. Featuring lovely lounge, 2 generous size double bedrooms, fitted kitchen (no appliances), shower room, secure parking to rear of property. EPC: C



NEW PRICE

Southgate Way, DUDLEY £499 pcm+Feess
A stunning and spacious well presented furnished to suit 1st floor apartment featuring 2 bedrooms, electric storage heating, double glazing, open plan living room with fitted kitchen, house bathroom with shower, allocated parking space. Viewing highly recommended. EPC: C



NEW PRICE

Stourbridge Road, HALESOWEN £475 pcm+Feess
A lovely ground floor flat that has been fully re-furnished to a very high standard. Within walking distance of Halesowen Town Centre. Featuring large living room, kitchen with oven/hob, 1 double bedroom, beautiful shower room, gas central heating, double glazing, on road parking. EPC: D



NEW PRICE

Upper High Street, CRADLEY HEATH/OLD HILL £395 pcm+Feess
Modern ground floor flat close to Cradley Heath train station & all bus routes. Featuring an open plan lounge/fitted kitchen with appliances, hallway to 1 double bedroom, bathroom suite with shower, electric central heating, communal garden to rear of property, on road parking. Only 1 months security deposit. 1 months rent in advance. EPC: C



The design has been perked up with more colour options

Ford's EcoSport gets update with plenty to appreciate

By Carmel Stewart

Ford's EcoSport compact sports utility vehicle didn't get the rave reviews hoped for when it was first launched in 2014. Critics didn't like the interior materials, the design, the ride, the handling. In fact, bar the engines, there was very little they did like.

Roll up the extensively revamped mid-life version with an even more comprehensive engine line-up plus improved ride, handling and looks which have just about managed to hold on to the distinctive features, saving it from being subsumed by the one-look-fits-all-SUV school of design. There is also the addition of 4WD version which should boost its appeal.

The engine line-up still includes Ford's excellent multi-award winning 1.0litre EcoBoost engine strutting its amazing stuff across the Ford range. With 125ps at its disposal it'll travel from a standing start to 62mph in 12.7 seconds and on to a top speed of 111mph. Clearly not a world beater but more than enough for a practical family vehicle and, with an average 54.3mpg, it's not too hard on the wallet. A 100ps and 140ps unit are also available.

Ford's 1.5litre 100ps diesel engine combined with front-wheel drive is on the option list along with an all-new, six-speed manual gearbox. Joining the list is an all-new 1.5litre 125ps diesel EcoBlue engine which now adds Intelligent All Wheel Drive technology to the mix so no complaints there.

The design has been perked up with more colour options, a redesigned front end, new headlight and fog



There's a redesigned front end

light housings, LED daytime running lights, a new-look rear bumper and rear tailgate design. There are also 12 exterior colours to choose from.

Thankfully, the designers have not relinquished the quirky side-hinged rear door – albeit opening the wrong way for a right-hand-drive vehicle. Many do not like it but, to me, it adds character which can be enhanced by selecting the new ST-Line trim and going for a contrasting roof colour.

Inside, the EcoSport is a comfortable place to be with soft touch surfaces, plenty of storage spaces, ergonomically designed seats, a high driving position, a user-friendly eight-inch touch screen and mercifully uncomplicated dash. Ford has added seven choices of ambient lighting so 'occupants can match the ambience to their mood'. Not sure how that will pan out on the M1 on a Friday evening, but nice try.

One slightly old-fashioned feature to smooth the furrowed brow – at least of anyone over 50 – is the inclusion of a CD player – a delight to those for whom streaming is a technological mystery. The height adjustable boot space is 334 litres, more than enough for a family shop or carefully selected holiday luggage.

The addition of an ST-Line trim, which includes SYNC 3, adding all the essential Apple CarPlay and Android Auto connectivity gizmos, cruise control with adjustable speed limiter and a rear-view camera to save the unwary from those sneaky low walls and strategically placed boulders, is another plus for the new EcoSport.

Visual exterior ST-Line cues include unique bumpers, side skirts, black roof rails, 17-inch alloys, ST-Line badging, contrasting roof and colour co-ordinated door mirror housings. Inside, there is a leather-trimmed flat-bottomed steering wheel plus partial leather seats featuring red stitching, Wheel branded scuff plates and stainless-steel sports pedals.

Prices start at £17,295 for the Zetec trim; £19,295 for the Titanium trim; and £20,095 for the ST-Line trim.

On the road, the revised EcoSport is comfortable and composed thanks to the optimised suspension and adjusted steering parameters. The ST-Line adds sports suspension which firms up the ride but not uncomfortably so. Ford's incredible 1.0litre EcoBoost engine eagerly responds to all demands made on it, well-matched as it is to the six-speed manual gearbox. An automatic transmission is also available.

So, all in all, nothing to complain about and plenty to enjoy.

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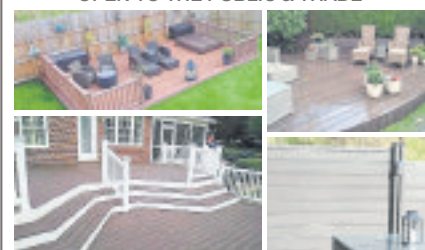
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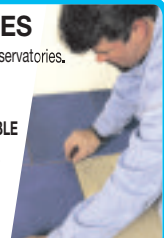


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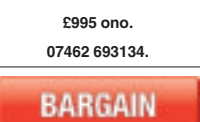


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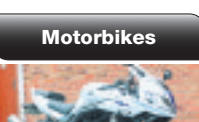
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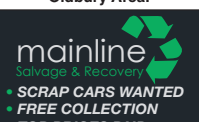


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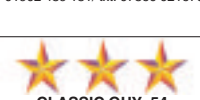
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Speedway stars parade in front of the many fans



Loyal – fans turn out in force to support riders



Ron and Lynn Chadbone and Keith Couldrey



Lloyd 'Sprouts' Elder at the open meeting in 1928

Spluttering start but still on track after 90 years

SPEEDWAY at Monmore Green has revved past the 90-year mark. The stadium first became home to speedway in May 1928 but got off to a spluttering start when one bike failed to start.

A crowd flocked to see the first big clash between Englishman Ivor Creek and American Lloyd 'Sprouts' Elder but the engine on Elder's machine refused to fire.

However, not one to let the crowd down, Elder borrowed Creek's bike to put in some spectacular demonstration laps.

Wolverhampton got a taste for the roar of the engines and since then riders have clocked up countless laps of the Monmore track. And 90 years later fans turned out recently to mark 90 years of speedway in the city watching Wolves beat Poole 46-44.

The first time a Wolverhampton team actually raced around the track was in July 1929 against Warrington and Wolverhampton-born Tommy Deadman, who was employed by the Sunbeam Factory and was the biggest star at the time.

Merged

Then, after two mediocre seasons and poor crowds, they closed for 20 years.

It was revived again in 1951 but the Wasps, as they were then known, only won a miserable five meetings out of their 36 league encounters and finished at the bottom of the table.

Down the road, Cradley Heathens lost £6,000 during the 1953 season and were at risk of folding but instead merged with the Wasps. The team was led by Brian Shepherd before he retired and then Harry Bastable but he switched to Birmingham so he could ride at a higher level.

Racing stopped again at the stadium in 1954. There was another seven years of silence at Monmore until speedway was relaunched in 1961 with the new Wolves team in the second tier of British speedway. The team were Provincial League winners in 1963.

But that same year devastation hit when the stands caught fire, resulting in the track's closure and major renovation as a new stand was built.

In 1965, the Provincial League and the National League merged, putting Wolves into top-tier racing

SPORTING FEATURE

Report by Charlotte Callear

In 1965, the Provincial League and the National League merged, putting Wolves into top-tier racing for the first time

for the first time – and they have remained there ever since except for three years in the early 1980s.

Many legends have raced around the track, from Ole Olsen to 'Sudden' Sam Ermolenko and Tai Woffinden.

Olsen arrived at Monmore Green at the start of 1970 and won the World Championship final in 1971 and 1975 but the team did not finish any higher than seventh in the league during his time at the club. That was in 1973.

In the same year, the club raced against Leicester and won the Midland Cup final.

Injuries

Olsen made 179 appearances and scored a total of 2,248 points. In 1986, Wolves signed American Ermolenko who went on to become the club's all-time leading scorer and won a world title in 1993. Chris Van Straaten took over the club and they climbed to third place in the British League in 1986.

Tragedy has also struck the venue with the deaths of riders such as Gary Peterson during the 1975 Midland Cup final and severe injuries suffered by Swedish rider Fredrik Lindgren who suffered head, neck and back injuries in August, 2011.

In 2001, they were sponsored for the first time by Parry's International who back them to this day.

The team have enjoyed their most successful period over recent years, becoming Elite League champions in 2002, 2009 and 2016.



All action – Monmore Green in Wolverhampton

Tennis scheme gives advantage to players

A REVOLUTIONARY organisation is bucking the trend in the West Midlands as national participation in sports declines.

Thanks to Local Tennis Leagues (LTL), adults have all standards have the chance to play friendly, competitive tennis on public courts.

Across Britain there are nearly 200 leagues open to men and women and last year more than 8,000 people took part, playing in excess of 30,000 matches.

In the West Midlands alone there are 11 leagues, including in Dudley, Lichfield & Burntwood and Wolverhampton. Local Tennis Leagues have spearheaded a sporting renaissance in local parks. It said what were often 'Cinderella courts' – left behind and forgotten – were now thriving again.

Leagues are open to adults over the age of 18, and a round – lasting eight weeks – costs £18.

To find out more or to join a Local Tennis League in the West Midlands visit www.localtennisleagues.com/westmidlands

Black Country home to judo headquarters

THE British Judo Association is moving its headquarters to the Black Country as talks continue over holding the sport at the 2022 Commonwealth Games in Birmingham.

The organisation is moving up to 30 of its staff from Loughborough Technology Centre to Kudhail House, on the Birmingham Road, Walsall. It moves operations closer to the British Judo Centre of Excellence, at the University of Wolverhampton campus in Gorway Road in Walsall.

There are also plans for judo to be held at the centre for the Commonwealth Games. It could see a new arena built for the sport.

British Judo Association chief executive Andrew Scouler said: "It has long been our ambition to have all staff based in a centralised location. With the proposed move to Kudhail House nearing completion, it promises to be an exciting future for the association."

The marketing and communications was the first to move to the new office. The remainder of the team will come over the next few months.

Williams tops bill at new fight night venue

WOLVERHAMPTON'S Kyle Williams tops the bill on BCB Promotions' 'Emerging Stars' boxing show this weekend. He will fight defending champion Thomas Essomba over 10 rounds for the English bantamweight title.

Saturday's show will go ahead at Willows Banqueting Suite, Bath Street, Willenhall, after the original venue, Wolverhampton's Starworks Warehouse, was hit by a fire.

The show had then been moved to Wolverhampton University but has been moved to Willenhall and will now go ahead as planned.

The packed undercard features Antony Woolery, Lauren Johnson, Levi Ferguson, Sean Davis, Craig Morris, Damian Kiwior, Connor Parker, and Connor Lee.

Doors open at 6pm, with the first bell at 7. Tickets are £40, or £45 on the door. VIP ringside passes are £65.

To buy, contact any of the participating the boxers via Facebook or visit boxingtickets.com.



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Final jigsaw piece sought by skipper

JAMIE Harris (89) and Masharraf Shazad (45 not out) saw Halesowen to 203-7at Leamington but William Masinghe (70), Waqar Ahmed (49) and Sulaiman Hussein (48 not out) put Leamington into a strong position as they achieved a four wicket win with nearly four overs remaining. Eddie Rhodes took 3-49.

Captain Alexei Kervezee said: "We were probably 20-30 runs light on that surface and that's what's cost us. Our bowlers worked really hard to get us in with a shout. We will be looking at our batting line up this week to see where we are with it as we need shore up a few holes in order to be more consistent."

"We are still playing well for most of the game but we just need to get that final piece of the jigsaw right."

The 2nd and 3rd XI stormed to comprehensive wins against West Bromwich Dartmouth and Hallow Taverners respectively. For the Seconds, Mohammed Shauib with 75 was supported by Scott Jones (43) and Mark Hutchinson (27no) out of 213-6 off 50 overs. Dartmouth were 118 all out thanks to Charlie Greening's 6-31 in 15 overs.

The Thirds remain top of their division in the Worcs League thanks to Danyal Ahmed's 4-23 and Siddesh Chavan's 64, backed up by Richard Cox (35no) to win by five wickets chasing down 155. The 4ths remain bottom after a 79-run defeat to Hallow. Reyaan Ahmed, aged 13, took 3-3.

The firsts play Shifnal on Saturday at Seth Somers Park, noon; the 2nd XI visit Walsall, 12.30pm; the Thirds are at Malvern 1sts, 12.30pm and the 4ths play West Malvern Seconds, Earls High, 1pm.

Hot conditions add to the test of fitness for DK's athletes

WITH very little on the calendar at the weekend it was left to two of the clubs racing ladies to fly the flag for Dudley Kingswinford Running Club by taking part in The Race on the Edge, a nine-mile race over undulating trails from Much Wenlock, Shropshire.

Advertised as a challenging off-road multi-terrain race with a hilly profile, competitors could anticipate some lung bursting climbs – and the warm and sunny conditions only added to the test of fitness.

Daniel Connolly was first home for Bridgnorth RC in 54.36, ahead of Wolverhampton & Bilston's Dan Maskew in 57.34 and Olly Laws of Newham in 58.20.

In the ladies' race Rachel Parker of Mercia claimed victory in 64.16, from Fern Cotterell of Ludlow in 64.27 and Lisa Laws in 70.36.

DK's Helen Tromans claimed 48th overall, fifth lady and first in her age group in a time of 72.43 and Hannah McGuire stopped the clock on 88.30 to finish in 122nd place.

Tributes paid to DK rugby stalwart



Graham Robbins, centre with former internationals Jonathan Davies, and Phil Vickery

TRIBUTES have been paid to a rugby stalwart who spent four decades at Dudley Kingswinford.

Graham Robbins spent more than 40 years involved with DK in various roles as a player, chairman and then president. The proud Welshman, described as 'the life and soul' of the club, passed away on May 29 following an illness.

Rugby secretary Pete Edmonds said grandfather-of-five Mr Robbins would be greatly missed by all involved with the club.

Mr Edmonds said: "Graham was the life and soul of the club – a massive part of it. He was originally a player, served as chairman and moved to be president. He will be very sadly missed and was one of those people who was the face of DK

when you went down to the club." Mr Robbins, who lived in Kingswinford, leaves behind his wife Joan, children Darren and Nicola and grandchildren Sophie, Tom, Jack, Harvey, and Zach.

He worked in the steel industry, moving from his native Wales to South Africa before settling in the Black Country in the early 1970s.

A club statement said: "Graham was one of those guys that you immediately associated with DK. His presence will be missed at first team games, both by the DK stalwarts and the committee men from all the clubs we currently play."

"Graham's memory will burn bright at Heathbrook."

HEATHENS RACE TO HUGE WIN

CRADLEY romped to the club's biggest win in almost four years with a 68-22 demolition of Buxton on Monday night.

The Motor Market Heathens were always major favourites with the visitors severely depleted through injury.

And they dominated from start to finish to return to the top of their National Trophy group.

Heathens got their night off to the perfect start, opening with four, 5-1 maximums. In fact, they only failed to claim a race winner in one single heat, when Buxton skipper Tom Woolley took the chequered flag in heat seven. Even that was pushed hard as talented teen Drew Kemp chased down to the line.

Punished

The youngster was punished with a 15-metre handicap after breaking the tapes in the initial staging, but soon worked his way into second place before pushing Woolley all the way.

Kyle Bickley stormed to a 15-point maximum – his second unbeaten meeting in succession, skipper Adam Roynon led by example with a paid maximum of his own and Alfie Bowtell hit double figures for a third straight fixture, despite riding round for third in heat 13 with a slow puncture.

Chris Widman was a part of three maximums and Jason Edwards had a solid night in his first meeting in the main body of the side.

Heathens now lead the way on 14 points. Home and away meetings against rivals Birmingham are to come, but first they face a pivotal trip to Leicester to face Coventry on Sunday.

Cradley 68: Drew Kemp 17, Kyle Bickley 15, Adam Roynon 12+3, Alfie Bowtell 10+2, Chris Widman 8+3, Jason Edwards 6+2, Bradley Andrews R/R.

Buxton 22: Tom Woolley 8, Ben Wilson 7, Ben Woodhull 3, Lewis Whitmore 2, Luke Whitehead 1, Kieran Douglas 1, David Wallinger R/R.



Drew Kemp in action during Monday night's romp over Buxton

Kyle's delight as Hitmen shot down

CRADLEY rider Kyle Bickley spoke of his delight after recording another faultless performance in the Heathens' huge win against Buxton on Monday night.

The teenager powered to a second consecutive 15-point

maximum in a dominant 68-22 win for his side, leaving Bickley unbeaten in both his meetings against the Hitmen.

"Right from my first race everything just clicked," he said, "I didn't make any mistakes and I was really pleased with

how I rode." The win was the Heathens' biggest win in almost four years, leaving confidence sky-high in the Cradley camp.

And it means the team return to the top of their National Trophy group, ahead of travelling to Coventry this weekend.

Duo second in battle of endurance

THE Double Two Racing team earned a second-place finish in the latest No Limits Endurance series at Donington Park.

Pete Wright and Martyn Siviter drafted in support rider and Cup 600 championship leader, Scott Stevens for round three of the 600 Class – but from the off things began to go wrong.

Wright, from Tividale, said: "Scott was to qualify first but realised he had left his armband back at the sprint rider pits, so grabbed a pushbike to fetch it. But qualifying was seconds from getting under way so I hurriedly got ready and out on to the track."

Wright posted a time good enough for first in class and 15th overall, but Scott then started suffering severe gearbox issues, which meant Wright and Blackheath's Siviter would have to do the full six hours between them.

Wright started and maintained first in class, extended by Siviter. A two-lap lead had opened up before major issues followed. The bike cut out three times trying to leave pit lane as the CO2 sensor kicking in due to a blocked air filter.

As Wright tried to make up time, a bike spilled oil in front of him and he was spat back upright by the bike. He then avoided crashing again before the red flag came out.

Still holding third place and with the track rideable again, Wright went out then Siviter dragged the team back up to second. Wright tried to catch first place but the gap was too big and Double Two Racing finished 60 seconds behind.

Evans lines up for a shot at the men

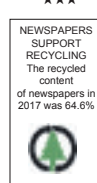
DUDLEY'S Reanne Evans is joining a new mixed-gender snooker tour for the 2018/19 season.

Ranked number two in women's snooker, Evans has been nominated to join the Challenge Tour alongside world champion and world number one, Ng On Yee, from Hong Kong.

They each have the opportunity to compete in 10 new mixed gender events which carry a total prize fund of £100,000 as well as two tour cards for next season's professional circuit.

Evans is a multiple women's world champion who has beaten men on the professional circuit before.

*** The Chronicle, a Midland News Association Ltd publication, printed by the company at Ketterly, Telford. Thursday, June 7, 2018



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